ONLY ONE

Dedicated with eternal love to the eternal Nameless One

Who is the Only One Here, Now.

One Alone Exists

ever

the One and Only

ever

Absolute

Oneness Perfection

Bliss.

All Praise to the One and Only

Who is eternal Oneness Perfection and Grace.

Praise to the One

Who is the absolute Bliss of Peace and Love.

Praise to the One

Who is transcendent Freedom.

All Praise to the One limitless Majesty

Who alone ever Is!

Oneness Intimacy

The One

ever Is

Absolute Oneness

Love Bliss

Intimacy.

The Original Signature

I AM

is

the Original Signature

of

the Nameless One

ever Shining

in

the eternal

Here and Now

of

Oneness.

By the limitless Grace of Sri Ramana Maharshi *Only One* came to be,

and the author is humbled and eternally grateful for this blessing.

And heartfelt thanks to the author's father and Fayre and Robert

for their support of *Only One*.

The power of Only One is revelation to be read and received with an open heart—may we reorient from desire and seeking to love and Oneness.

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KEYS

Only One ever Is.

Oneness is One indivisible Whole that is inconceivable and beyond words.

The One and Only is ever Here and Now.

One / Oneness = Silence / Absolute / Reality / Truth / Self / I AM / Heart / Beloved

One / Oneness = Power / Existence Awareness Bliss / Grace / Maya

Existence = Being / Presence

Awareness = Consciousness / Seer / Light / Intelligence / Knowledge / Knowing / Witness

Bliss = Peace / Love / Freedom / Perfection / Beauty

One Oneness Silence Absolute Reality Truth Self I AM Heart Beloved Power Grace Maya Existence Being Presence Awareness Consciousness Seer Light Intelligence Knowledge Knowing Witness Bliss Peace Love Freedom Perfection Beauty Here Now ***are all One and the same***.

Oneness is the stateless State of the One, and not a union or unity.

Numeral one (1) is single and undivided and only divisible by itself.

One is whole. One is nondual (not two). One is the source and origin and root. One is primacy. One is independent. One is the first and preeminent numeral unit that is nonzero. One is the identity for multiplication. One is empty, when multiplied. One is the basis for all, yet transcendent. One is the Alpha and the Omega. One is absolute.

Oneness Truth—the eternal One Reality that is the infinite Self—is transcendent of the ego mind and alone direct Experience in absolute Silence.

Like the musk deer that carries the musk fragrance within itself but not knowing this, searches for it far and wide, we are That which we ultimately desire and search for. We are the One Source and the Bliss Peace Love Freedom we long for: to experience this Truth one must simply Be Here Now in Silence transcendent of the mind.

The Truth *only the eternal One infinite is real and all else is illusion* can never be grasped or comprehended for the simple reason that Reality is transcendent of the mind. It is only when the mind is still and silent or finally annihilated that illusion vanishes and Reality Shines, unveiled. Words at most can only be pointers, for Truth alone is in Silence.

Reality

The One ever Is

Absolute

Reality

indivisible

Whole . . .

all else is but an illusion

and

unreal.

The One Reality is Oneness that Knows only Oneness—the One and Only is absolute Oneness Existence in the eternal Here and Now of limitless Silence.

One absolute Existence ever Is, while everything and all that seems to be or exist is an illusory appearance and a zero and nothing. All things are an illusion and have no existence except in illusion that has no real existence. All things are a mirage that vanishes into the nothing and no thing that it is—perception of *water* in a mirage is a hallucination that is illusory experience and but a trick of illusion. Everything is illusory like a fleeting dream dreamt by a phantom dreamer—everything is a zero and nothing. Illusion is ever nonexistence, while Reality is ever Oneness Existence Here in the eternal Now.

Maya—the Power and Manifestation of the One—is the Master Illusionist that creates illusion and makes illusion seem real via the illusory mind. Maya and the mind are coexistent and appear and disappear as one in Oneness Reality.

The conceived ego-I and body world cosmos are all in the mind as thought, and the illusory mind and its creations and projections—the ego body world cosmos—are all illusion, like a dream or magic trick that seems real.

Life and living are experience and all experience is conceptual. The mind is a continuous stream of thought in the continuum of Consciousness, where everything is an object to a subject-I, where differentiation creates and validates personal identity, where separation is a fundamental condition of life that in turn creates and perpetuates desire and fear. Life and living and experience are ever changing and ever contracted in a shroud of separation and limitation.

Everything that seems to be or exist is an object and all objects are finite limited and changing, while Consciousness is formless limitless and unchanging Oneness. All objects are illusory mental creations and projections based on the subject-object dichotomy of *I-me-mine and the other*, while the One Reality Shines as Self Aware Existence—absolute Consciousness. Consciousness is our unchanging One Self, and all that

appears and disappears, all that changes, is a fleeting impression—an illusory superimposition.

The One is the transcendent Unknown and thus incomprehensible, so some say that the One is a mystery, but this is wrong as the One is our very Self, to be Realized as absolute Oneness Experience transcendent of the ego body mind world cosmos and all ignorance and illusion.

The One Absolute

The One Absolute

alone ever Is . . .

all else is but an illusion

a

trick of the illusory mind.

There is only One. One alone Is. The One is the One and Only. The Oneness of the One is so infinitely One and absolute that the concept *One* fails to denote It. The One is absolute Oneness Experience.

The One is Self-existent Self-evident Self-luminous Oneness Perfection. Oneness Knows only Oneness. The One Absolute is limitless in the eternal Here and Now of Oneness.

Oneness is the stateless State of the One, and not a union or unity.

The One is One Whole—formless immutable and indivisible.

The One Absolute is limitless Oneness in eternal Silence.

Oneness alone is Realized in absolute Silence.

Oneness can no more be described than deep sleep can—here, words fail and can only turn into Silence. The One is inconceivable and unfathomable.

Oneness is our eternal Nature and real Identity.

The One has no source—It is the Source.

The One simply Is. The One is pure Is-ness. The One is absolute Existence. The One is limitless Being that is Self Aware Oneness. The One alone ever Is Here in the eternal Now of Being.

In the boundless Ocean of Being there is only One.

Being is the limitless Heart of Existence.

Being is absolute Bliss.

Being is ever purposeless and Free.

Being is our eternal Nature and real Identity.

Being has no source—It is the Source.

The One is formless. The One is transcendent of form and formulation. The One is the anonymous Nameless. The One is the Unborn and Uncreated. The One is ever the Unknown.

The formless Nameless One is ever transcendent of the ego mind, ever the inconceivable Unknown.

Formless Oneness is limitless, without a beginning or end.

Formless Oneness is our eternal Nature and real Identity.

Formless Oneness has no source—It is the Source.

The One is Existence Awareness Bliss. There is no Awareness without Existence and no Existence without Awareness—Existence and Awareness are One. That which ever Is is Bliss. Existence Awareness Bliss is the One Absolute that is the Reality and Self. Existence Awareness Bliss is the Source Substratum Substance of everything and all that seems to be or exist. Existence Awareness Bliss ever Is Here in the eternal Now of absolute Silence.

Existence Awareness Bliss is One indivisible Whole that is limitless and immutable.

Existence Awareness Bliss is our eternal Nature and real Identity.

Existence Awareness Bliss has no source—It is the Source.

The One is Reality. The infinite eternal Reality is Self-existent Self-evident Self-luminous Oneness. The One Reality is ever unchanging and absolute. The One Reality is the Source Substratum Substance of everything and all that seems to be or exist. The One Reality ever Is Here in the eternal Now of absolute Silence.

Reality is Oneness Perfection ever transcendent of everything and all that seems to be or exist.

Reality is absolute Consciousness.

The still and silent mind is Oneness Reality Experience.

Reality Experience is Self Knowledge, and a coming Home.

Reality is our eternal Nature and real Identity.

Reality has no source—It is the Source.

The One is the Self. The One is the infinite eternal I that is the Self. The One Self is the immortal Unborn. The Self is Self-existent Self-evident Self-luminous Oneness. The One Self is Existence Awareness Bliss—the Reality. The One Self ever Is Here in the eternal Now of absolute Silence.

The Self is Oneness Perfection.

The Self is absolute Consciousness.

The Self is egoless and ever transcendent of the mind.

The Self ever Is and never becomes.

The Self is ever Here and Now and never attained.

The Self is Oneness Experience where Self Knows only Self.

Self Knowledge is Reality Experience.

The aim and culmination of Creation is Self Realization that is Liberation from all ignorance and illusion.

Self Realization is a coming Home.

The Self is our eternal Nature and real Identity.

The Self has no source—It is the Source.

The One is Consciousness. The One is the boundless *Ocean* of Consciousness that is the Source Substratum Substance of everything and all that seems to be or exist. The One is the Omnipotent Omniscient Omnipresent *Screen* of Consciousness onto which the illusory ego mind and infinitude are projected and a superimposition. Consciousness is the limitless One Light of Intelligence. Consciousness ever Is Here in the eternal Now of absolute Silence.

Consciousness Awareness Seer Light Intelligence Knowing Knowledge and Witness are all One and the same.

Consciousness is Self-existent Self-evident Self-luminous Oneness.

Consciousness is the One Reality and Self.

Consciousness is a limitless Ocean of Silence and Light.

Consciousness is absolute Oneness Experience.

Consciousness is the one constant and continuity in all experience but has no experiences.

Consciousness is One absolute Existence that is limitless Awareness.

Consciousness Knows only Consciousness—Self Knows only Self.

Consciousness is the underlying One Reality—the One Light that makes everything and all that seems to be or exist evident and possible.

Consciousness is the continuum in which everything and all that seems to be or exist appears and disappears.

Consciousness without an object is absolute Consciousness.

Consciousness is ever unmoving Oneness transcendent of the ego body mind world cosmos.

Consciousness is formless immutable and indivisible. Consciousness has no grades levels or planes, nor are there various sorts of Consciousness—such alone are illusory creations of the ego mind projected onto Consciousness. The ego mind based on dual subject-object relativity is the Veil of illusion and a superimposition on Consciousness.

Consciousness is our eternal Nature and real Identity.

Consciousness has no source—It is the Source.

The One is Light. The One is the Light of all lights. The One is the absolute Light of Intelligence. The Omnipotent Omniscient Omnipresent One Light is the infinite *Eye* of the eternal I that is the Witness Seer and Self. The One Light of Awareness is the Source Substratum Substance of everything and all that seems to be or exist. The One Light ever Is Here in the eternal Now of absolute Silence.

The limitless One Light is the transcendent Self-luminous Reality that is absolute Consciousness.

The One limitless Light is transcendent of light and darkness.

It is an imaginary dream and dreaming of the illusory ego mind which is Witnessed by the One Seer that is the Self.

The directed Light of Awareness burns and destroys the ego mind.

Light is our eternal Nature and real Identity.

Light has no source—It is the Source.

The One is Knowledge. The limitless One is Oneness Knowledge that is eternal. The One is luminous Self Knowing Knowledge that is absolute. The infinite *Eye* of the eternal One I is All Knowing. Oneness Experience is absolute Knowledge. Oneness Knowledge ever Is Here in the eternal Now of absolute Silence.

Knowledge of Oneness alone is real.

Knowledge that is nonconceptual alone is real.

We are Knowing that is the underlying Reality of experience and that which makes everything and all that seems to be or exist evident and possible.

What is known is experience that in turn becomes knowledge, but when the ego mind is still and silent and all illusion dissolved Knowing alone Shines.

Knowing Awareness is the One Source Substance Substratum of all objects and experience.

Oneness Knowledge ever Is, formless unchanging and transcendent.

Knowledge is our eternal Nature and real Identity.

Knowledge has no source—It is the Source.

The One is Silence. Silence is the Heart of the One. Silence is the One Absolute. Silence is the soundless *Sound* of Oneness. The One Whose *Voice* is the eternal Truth of Silence is ever transcendent. Silence ever Reigns in the eternal Here and Now of Oneness.

Absolute Silence is the prerequisite for Realization and Liberation.

Nothing has ever happened in the eternal Silence of the Uncreated and Unborn One Self and Reality.

The Perfect Peace of Silence is ever transcendent of the ego mind.

The motionless mind is Silence.

Silence is the stillness of absolute Peace.

Truth alone is in Silence.

Reality is Experienced in Silence and conveyed by Silence.

Silence is our eternal Nature and real Identity.

Silence has no source—It is the Source.

The One is Power. One absolute Power alone ever Is. The One is Omnipotent Omnipresence. The formless One Power is infinite immutable and indivisible. The One Power is absolute Perfection. The One Power ever Is Here in the eternal Now of absolute Silence.

The *One Power is **Existence Awareness Bliss**—the Reality that is the One Self and the Source Substratum Substance of everything and all that seems to be or exist.

The One Power is **__Maya__—the Power of illusion and the play of ignorance in illusion. Maya is the Almighty Creator of the infinitude that is the Dream of Maya and the Veil of illusion and ***Shadow of the One.

The One Power is **Grace**—the Power of Oneness Truth and Perfection. Grace is the Awakener and Liberator in Maya's Dream.

Grace and Maya are the unfathomable Manifestation and Power of the One.

**The limitless One Power is unlike the endless energy of life and the cosmos that is the infinitude—the One Power is formless limitless nonmaterial immutable non-vibratory and absolute, while the endless energy of the infinitude takes various forms that are finite material mutable vibratory and transient. The One Power is limitless and unconditioned, while energy although endless takes various forms that are limited and conditioned. Energy is an obscure reflection of the One Power.*

The One Power is the infinite eternal Reality and Self that is the Source Substratum Substance of the infinitude, while endless energy takes form as the endless multiplicity diversity and variation of the infinitude that is fundamentally finite transient and an illusion and a zero and nothing.

***__Maya__ is a Sanskrit word that literally means illusion and magic. Maya has multiple meanings, such as: an extraordinary power; a miraculous force; a magic show or trick; an appearance that is constantly changing and thus unreal; an imaginary creation or trick or deception.*

****A shadow is a partial or total absence of light. A shadow is a dark reflection and essentially nonexistent.*

Maya—the Power of the One—is infinite. Maya is the Almighty Creator of illusion. Maya is the principle of ignorance that makes illusion and the false seem real and true, and Maya is the origin of the ego mind that is but an illusion. Maya and the ego mind are coordinate and conjunct as one. When Maya appears, the ego mind and everything and all that seems to be or exist also appears, and when the ego mind disappears, Maya and everything and

all that seems to be or exist vanishes along with it—Maya and the ego mind rise and fall as one. The mind is the projector of Maya's illusory Dream that is the infinitude—an endless vibrating interconnected intermixed multiplicity endlessly multiplying itself in endless variation to Infinity. The infinitude is one interconnected totality with everything absolutely relative to the point of being canceled and a zero.

Maya and the ego mind and the infinitude—everything and all that seems to be or exist—are the Veil of illusion and Shadow of the One.

When absorbed and lost in the ego mind, we are the Veil of illusion and Shadow of the One.

The Imagination of Maya is limitless and what we experience of the one totality that is the infinitude is infinitesimal.

Everything and all that seems to be or exist happens as one interconnected intermixed totality by the Power of Maya.

There is no volition, no real option or choice, no real individual personal power or will in existence. No leaf or particle moves, nor thought or desire or action happens, apart from the Power and Will of Maya.

Everything happens and is programmed and predetermined by the One Power and Will of Maya.

Everything and all that seems to be or exist is Maya's illusory Creation and Dream projected onto Consciousness and is a zero and nothing.

Power is our eternal Nature and real Identity.

Power has no source—It is the Source.

The One is Grace. Grace is the Power of the One that is the play of Oneness Truth and Perfection in Maya. Grace is the unfathomable Manifestation of the One as the Awakener and Liberator in Maya. Grace is limitless and ever immanent. Grace ever Is Here in the eternal Now of absolute Silence.

Grace ever Is. Grace is ever immanent, ever flowing.

Grace is within as our inner Guide Master Beloved and Self.

Grace is absolutely essential for Self Realization and Liberation from all ignorance and illusion.

Grace burns and destroys the ego mind.

Grace attunes and aligns one to Oneness Truth and Perfection.

Grace is our eternal Nature and real Identity.

Grace has no source—It is the Source.

The One is Freedom. Freedom is absolute independence as limitless Oneness. The One Absolute is transcendent Freedom. The One ever is the Bliss of Freedom. Oneness Freedom ever Is Here in the eternal Now of absolute Silence.

Love for and dedication to the Truth of Freedom are a prerequisite for Realization and Liberation.

Freedom is desireless and fearless and purposeless.

Freedom is transcendent of the ego body mind world cosmos.

Annihilation of the ego mind is Freedom and Liberation.

Freedom is our eternal Nature and real Identity.

Freedom has no source—It is the Source.

The One is Truth. The One and Only Truth is the eternal One infinite. Reality is the Truth of the One Self. Truth is absolute Oneness Knowledge. Truth is absolute Oneness Experience. Oneness Truth ever Is Here in the eternal Now of absolute Silence.

Truth is that which is ever unchanging and real.

Truth is transcendent of the illusory ego body mind world cosmos.

Truth is nonconceptual Knowledge that is absolute.

Truth is Reality Experience that is Self Knowledge.

Truth is our eternal Nature and real Identity.

Truth has no source—It is the Source.

The One is Perfection. Oneness Perfection is the limitless Abode of the One. Oneness Perfection is *Nirvana. Oneness Perfection is transcendent Bliss Peace Love Freedom. Oneness Perfection is absolute Beauty. Oneness Perfection ever Is Here in the eternal Now of absolute Silence.

**Nirvana literally means 'blown out' (like a candle) and indicates Liberation from all that is false and illusion. Nirvana is no mind.*

Oneness Perfection is transcendent of the ego body mind world cosmos.

Transcendent Oneness Perfection is beyond words and the finest sensibility. No words or concepts—like the word 'perfection'—can describe Oneness beyond imagination and conception. It is only when the mind is still and silent or finally annihilated that Oneness Perfection Shines as Reality Experience.

Perfection is our eternal Nature and real Identity.

Perfection has no source—It is the Source.

The One is the Beloved. The One Beloved is the absolute Bliss of Oneness Love. The One Beloved is eternal Omnipresence. The One Beloved ever Dwells in the limitless One Heart. The One Beloved is absolute Love and Beauty. The One Beloved ever Is Here in the eternal Now of absolute Silence.

The One and Beloved and Self and Grace are all One and the same.

It is Love Itself that rises as the One Beloved and Lover in eternal Oneness Embrace.

The Beloved and Lover are ever One in the absolute Silence of Love Bliss.

The intense pleasure of sexual intercourse and union is a mere drop of the absolute Bliss that is Oneness. The pinnacle or zenith of sexual orgasm is an instant of no mind in the Now of Oneness—an instant of the pure Bliss Peace Love Freedom that is the Self—that is automatically shrouded by the prevailing dense ignorance of the ego body mind.

Love is our eternal Nature and real Identity.

Love has no source—It is the Source.

The One is Here and Now. The Here and Now is the eternal Abode of the Nameless One. The Here and Now is absolute Oneness Experience. The One is limitless Existence in the Here and Now of Awareness. In the One Light of the Here and Now the Veil of illusion dissolves and Oneness is revealed. The One ever Is Here in the eternal Now of absolute Silence.

Here is not a location—Here is nonlocal Presence. Here is formless unchanging and infinite.

Now is not a moment or an instant of time—Now is timeless unchanging and eternal.

Here ever Is—Here is infinite. Now ever Is—Now is eternal. The Here and Now ever Is.

The Here and Now is absolute—the Here and Now is Oneness.

The Here and Now of Presence is undivided Oneness.

The Here and Now is transcendent of the mind—the Here and Now precludes the wandering mind.

Now is the unchanging axis and still point of Eternity.

Here is the Now that is transcendent.

Here is the ever timeless Now.

The Here and Now is the limitless Gateway to Oneness.

The Here and Now is our eternal Home.

The Here and Now has no source—It is the Source.

The One is Omnipresence. The eternal One infinite is Omnipresent. The One is the limitless I of Presence. Oneness Omnipresence Shines transcendent. Oneness Omnipresence ever Is Here in the eternal Now of absolute Silence.

The One is Omnipresence transcendent of the ego body mind world cosmos.

The infinite I of Presence ever Shines in the eternal Here and Now.

Omnipresence is our eternal Nature and real Identity.

Omnipresence has no source—It is the Source.

Oneness

Oneness is egoless

transcendent

of

the mind.

Oneness is desireless

the Bliss

of

Perfection.

Oneness is fearless

the Power

of

Freedom.

Oneness is Supreme

the Light

of

Truth.

Oneness is Love

the Heart

of

the Beloved.

Oneness is Silence

the One Reality

and

Self

ever

Here and Now.

We are either Present or in the mind.

When we are Present the mind is still and silent. When we are Present, Here in the eternal Now of Oneness, the mind dissolves.

We alone are pure Presence in the Here and Now transcendent of the ego mind.

The ego mind can never enter the Here and Now.

When we are Present there is only Oneness. Experience is transparent, and everything Shines as One absolute Existence. In the Silence of Presence all is Oneness Consciousness, undivided and Whole. All is Naked. All is the Bliss of Peace Love and Freedom.

The timeless Now of Presence is undivided Oneness.

The Bliss of Presence ever Is Here and Now.

When we are Present the ego mind vanishes, and Experience is absolute.

When we are Present there is no ego or story, no past or future.

There is no individual—no person—in Presence.

The ego mind is the illusory past looking toward the elusive future and ever reactionary in the fleeting present.

There is no past or future in the timeless and transcendent Here and Now.

Absorbed and lost in the illusory world of the mind we dream the dream of duality and separation.

The ego and its compelling story and compulsive ways vanish in the timeless Now of Presence.

When we are Present the mental trance we live in dissolves.

When we are Present the I-thought drops and all conceptualizing along with it.

When we are Present we forget everything and abide in/as Oneness Silence.

When we are Present the mind subsides and absolute Consciousness remains.

When we are Present attention dissolves into its Source—Consciousness.

When we are Present we are mere Being—the One Self.

We are ever already the Self—thus merely Be Here Now.

When we are Present all is the One Light of Reality—the eternal One Self.

When we are Present we Wake from the dream of duality to Oneness.

Oneness Presence

Alone ever Is

Here

Now.

When Present

When Present
all is
the One Light
of
Consciousness
Absolute Existence
Here
Now.

Awake

I AM
Awake
when I am Present
and
dreaming
when in the mind.

I AM Here Now

I AM Here Now

I AM Presence

I AM Consciousness,

even while the conceived I in thought

is

absorbed

in

the imaginary sphere

of

the illusory mind

even while the conceived I in thought

is

a protracted contraction

in

illusory spacetime.

Relax. Be Present. Merely Be and purely See.

Relax. Breathing eases and refines and slows and becomes full and even. The heart's beat slows and is even and strong. Presence may be for an instant or longer, but the habitual ego mind will automatically rise and take hold. See this and fully relax and be Present, returning to the Here and Now. And continue in this way until the ego mind completely dissolves and one is permanently established in one's natural state of Freedom. The annihilation of the ego mind is Liberation from all ignorance and illusion.

Self Realization and Liberation are not in our hands and alone by the Grace of the One.

Do not listen to the mind. Ignore the ego I-thought. When a thought takes hold, drop it.

Just Be. Be as you Are. Abide in/as the One Self. Never upset the mind with *yes* or *no*. Be still. Merely Be and purely See, thought-free and boundless. Stop the mind from spinning its web of illusion by fully relaxing and dissolving in the Here and Now of absolute Silence.

Absolute Being is Reality Experience, while becoming is an imaginary journey in illusion.

Everything and all that seems to be or exist has a purpose

and

that ultimate purpose is to Be purposeless as the One.

Everything and all that seems to be or exist has desire

and

that ultimate desire is to Be desireless as the One.

Everything and all that seems to be or exist has the urge to know

and

that ultimate urge to know is to Be as the One Unknown.

Merely Be

Here in the transcendent Now of absolute Silence.

Just Be

Just Be.

Being is effortless

boundless

an immense ease

simplicity

purity

to merely Be

Peace.

Dissolution

Fully relax

merely Be . . .

the mind

dissolves

in

the Silence

of

Pure Being

Absolute Existence

Here Now.

Be Still

All things are merely mental

imaginary like a mirage.

Be Still

Be Free

of

the dreaming mind.

Be Still

Be

the limitless Freedom that ever Is.

Be Still

Know

the motionless mind to be no mind at all.

Be Still

Be Silent

transcendent

of

the mind.

The Ego I

Observe the ego I

never cultivate it

never identify with it

ignore it

drop it

and

ever abide

as

Oneness Perfection

the

Eternal Self

ever

Here

Now.

Breathe Transcendent Oneness

Breath

breathe

Transparency

no inner

no outer.

Breath

breathe

Luminosity

no higher

no lower.

Breath

breathe

Transcendent Oneness

Here

Now.

Simply Settle

Simply settle

into

That

which ever Is.

Why run after dreams

ever uncertain

illusory.

Just Be

That

which ever Is

That

which I ever AM.

You Are That

Leave your pond

for

the

Great Ocean.

Trust the Absolute.

You Are That!

Wake Up

Wake Up

to

the Bliss you ever Are!

Be Here Now.

Presence is Awareness Being Here Now.

Presence is the limitless One Self.

Presence is timeless Oneness.

Presence is unchanging and absolute.

Presence ever Is.

The Now of Presence is Oneness Perfection.

The Now of Presence is absolute Silence.

The Now of Presence is Naked.

The ego mind vanishes in the Here and Now of Presence.

The Now of Presence is indivisible Oneness transcendent of the ego mind.

The ego mind can never enter the Oneness of the Here and Now.

Presence is prior to thought.

The Now of Presence is at once Emptiness and Fullness.

Presence is empty of the ego mind and all illusion, and full as Oneness.

In Presence there is no person.

Presence is impersonal and without personhood and individuality.

In Presence there is no abstraction or contraction.

In Presence there is no inner or outer or before or after.

In Presence there is no ignorance or illusion.

In Presence we Wake from the dream of illusion to the One Reality that is our immortal Self.

Abidance in Presence is the dissolution of the ego mind and all ignorance and illusion.

Abidance in Presence is absolute Silence Here in the eternal Now of Oneness Perfection.

Abidance in Presence is abidance as the One Self.

Abidance in Presence is the limitless Bliss of Peace Love Freedom.

Presence is transcendent Oneness Perfection.

Presence

The Now of Presence

is

egoless

Naked

Absolute

Oneness.

The Bliss of Presence

Presence

is

Absolute Bliss

in

Absolute Silence

Here and Now.

Stopped in Its Tracks

Ever restless

the ego is on the move

but

stopped in its tracks

when the mind

dissolves

in

Presence

Here Now.

Master and transcend the mind by merely Being and purely Seeing.

To be without reaction is mere Being and to see without reaction is pure Seeing.

Mere Being is absolute Existence and pure Seeing is absolute Awareness.

Mere Being and pure Seeing is absolute Bliss.

Mere Being and pure Seeing is our natural state.

Mere Being and pure Seeing is the limitless One Self and Reality.

Mere Being and pure Seeing transcends the illusion of separation.

Becoming seeking striving and attaining are a journey in illusion.

Mere Being and pure Seeing is direct absolute Oneness Experience.

Mere Being and pure Seeing is Oneness Perfection.

Mere Being and pure Seeing is Here and Now.

Be Naked and Free.

Forget name and fame—be nobody/no body. Be formless and Free.

Abandon all thought and thinking and just Be—not be this or be that but merely just Be.

Merely Be and Oneness ever transcendent of thought naturally reveals Itself.

Be Present.

Being is ever Present—Being is ever Presence.

Being what one already Is is effortless.

Being is purposeless as the One and ever Free.

Being is ever Present as Awareness—ever effortless transcendent and Free.

Dive into the *Ocean* of Oneness

by

merely Being.

Be the absolute Bliss of the Here and Now of Oneness.

Why Not

Why not just

Be

for the love

of

merely

just

Being.

One Who Merely Is

The One Self

is

pure Is-ness

limitless Being

an

Absolute Existence

so

one who merely Is

naturally abides

as

That.

Utter Lightness

There is Great Ease

in

mere Being

an utter lightness

Transparency

where the breath is serene

the mind unmoving

in

Absolute Silence.

Merely Being

Reality ever Is

and

never attained

but

Realized

by

merely Being

Here

Now.

Simplicity

The Simplicity

the Silence

of

mere Being

absolute Existence

unbearable for the ego

is

transcendent

Bliss.

Being is our eternal Nature.

Being merely Is.

Being is egoless and purposeless.

There is no individual person or becoming in absolute Being that is pure Presence.

Being is limitless Oneness.

Everything that seems to be or exist is an illusory superimposition on Being.

Everything that seems to be or exist appears and disappears in the continuum of Being.

Being is the stillness of absolute Silence.

Being is Self Aware Bliss.

Bliss is our own Being.

Other than Being Awareness Bliss nothing exists.

Being Awareness Bliss Shines as the infinite eternal I.

When the false ego-I dissolves in mere Being the real I that is the One Self Shines, unveiled.

Being Awareness Bliss is Oneness Perfection.

Being Awareness Bliss is Reality Experience that is Self Knowledge.

Being is Reality Experience, while becoming is an imaginary journey in illusion.

Abandon all mental modes.

Abide as Being Awareness Bliss.

Mere Being

Pure Seeing

is

Oneness Bliss

in

the Silence of the Here and Now.

Peace

The Silence

of

mere Being

is

Perfect Peace.

There is nothing to accept and nothing to reject—everything is an illusion and a zero and nothing.

There is nothing to attain—Oneness Perfection is already our eternal Nature and real Identity Here and Now. Free of the ego mind, effortlessly abide as That.

There is nothing to do or be—we are already effortlessly transcendent Perfection. It alone is ignorance that binds and keeps us in illusion, so merely Be, transcendent and Free.

In Reality there is nothing to do or be, while in illusion there is everything to do and be.

We are the immortal Unborn ever transcendent of the ego body mind world cosmos. All seeking, all striving, all desire and fear, veil and bypass Oneness Reality that ever Is Here and Now.

The ego resists egoless Presence—the ego ever hungry for justification and victory resists the egoless thought-free Here and Now. But upon reaching a point of deep insight by the Grace of the One, belief and faith in the ego-I falters and we turn from the darkness of ignorance to the Light of the One Self and Reality.

There is the illusory time of a watch and movement of the earth and sun, but it is something transient and not overbearing and we no longer live in the past or for the future. As nothing happens in the Here and Now there is nothing to attach to or resist and we realize that things happen only in the illusory world of the ego mind and events and experiences are a mind creation and projection maintained by belief and faith. And foremost we Realize that in the Here and Now of Reality there alone is the One Perfect Self.

Thought cannot be found when directly searched for.

When one looks for thought the Emptiness and Silence of absolute Consciousness alone is to be found. Thought and thinking automatically cease when we are Present and Aware. Consciousness is ever the underlying Reality of thought.

To stop thought search for it to find it absent. Thought and the ego mind dissolve in the Here and Now of Presence that is absolute Awareness Consciousness.

Observe how thought just happens, how there is a continuous stream of thoughts except in the Light of Awareness that is Presence. Awareness never appears and disappears like thought, and when attention is withdrawn from thought, Awareness Shines, unveiled.

Thought is transient and essentially nonexistent. Thought springs from Emptiness, evaporating into Emptiness. When we ignore thought it cannot take hold. When we abide in mere Being and pure Seeing, where is thought?

When thought rises we need not attend to it unless it is useful or necessary. We need never cultivate thought. And if we are able to master thought this power is given to us by Grace.

The ego mind is a mere mental construct and memory, while the One Self ever Is unchanging and absolute.

Ever abide in the limitless Silence of Consciousness Here Now.

Silence is the One Absolute.

Silence ever Reigns in the eternal Here and Now of Oneness.

Silence is the Heart and Revelation and Signature of the One Reality.

Silence is the prerequisite for Reality Experience Self Realization and Liberation.

Silence is the One Self.

Silence is our eternal Nature and natural state.

We alone abide in/as the Self in the Here and Now of Silence.

Silence will ever be a mystery to the ego mind yet is ever Here and Now as the One Self.

Silence is absolute Consciousness.

Silence is limitless Being.

Silence is the eternal *Music* of Oneness Reality.

Silence is the soundless *Sound* of Infinity.

Silence is the transcendent *Voice* of Oneness Truth.

Silence is transcendent Peace.

The stillness of Silence is the absolute Peace of Oneness.

The motionless mind is the stillness of Silence.

The Perfect Peace of Silence is ever transcendent of the ego mind.

Silence is the absolute Bliss of Oneness.

The Beloved and Lover are ever One in the Silence of Oneness Love.

Silence is Emptiness as no mind and Fullness as Oneness.

Silence is Oneness Perfection.

Silence ever Is Here and Now.

The Here and Now of Oneness Silence is ever transcendent of the ego mind.

Silence is absolute stillness.

Silence is Nirvana.

Silence is Holy.

Silence is Naked.

Egoless we are in our natural state of Silence.

Silence is transcendent of the ego mind.

Thinking about That which is beyond words and thought is but a detour and distraction in illusion that postpones Oneness Experience in Silence.

The conceptual noise of the ego mind obscures Oneness Truth.

Abidance in absolute Silence is real worship devotion and love.

Reality is alone Experienced in Silence and conveyed by Silence.

Only that which is given and received in Silence is real.

Silence is the underlying Reality and the ego mind but an illusory superimposition.

Silence is Oneness Truth that is absolute Knowledge.

Truth alone is in Silence—Knowledge alone is in Silence.

Only Silence is the true answer to every existential question and quandary.

Silence is the eternal Nature of the One infinite.

It is essential to realize that Silence is the eternal Nature of the One Reality and Self.

It is essential to realize that abidance in/as Oneness Silence is Self Realization and Reality Experience that is Self Knowledge.

It is essential to realize that Silence is the underlying Reality of everything and all that seems to be or exist that is but an illusory superimposition.

It is essential to realize that Silence is a formless limitless immutable continuum in which everything and all that seems to be or exist appears and disappears.

Many love the quiet of nature and the stillness of a night under the stars and the silence of a sacred place and so on, but the Silence of Oneness can never ever be conceived or found in vast spacetime or beyond—the Silence of Oneness is ever transcendent of the ego body mind world cosmos and beyond.

Silence will ever be a mystery to the ego mind yet is ever Here and Now as the One Self.

In absolute Silence

we Wake from the dream of illusion

to

Oneness Reality.

In the Silence of the One Absolute

All is Transcendent Peace.

The Power of Silence

The Power of Silence

sweeps away

Maya

and

the mind.

The Eternal Voice

Silence ever Is

the soundless Sound

of

Oneness

Reality

the eternal Voice of Truth.

Silence

Silence Reigns Supreme

in

Absolute Existence

ever

pristine

Oneness Perfection

transcendent

of

the mind.

Transcendent Perfection

In Silence there is Wholeness

a

transcendent Perfection

not to be found in the vast world of sound and thought.

Stillness

In stillness

Serenity Reigns.

In stillness

Silence Reigns.

When the mind

is

still and silent

Oneness Reigns

in

Self-effulgent Majesty.

Holy Sanctum

Silence

transcendent

a

Holy Sanctum

words cannot enter

where Truth alone Dwells

and

Peace Reigns.

The world

made of words

built by desire

is

but a dream

transient

illusory.

The Stillness of Silence

Oneness Reality Experience

ever Is

in

the Stillness

of

Silence

ever transcendent

of

the ego mind and all illusion.

Unmoving Oneness

Undulating moods

the up of euphoria

the down of depression

alternating expansion contraction

ever fluctuating

on the rolling landscape of the mutable mind

while

Oneness

ever unmoving

Silence

Perfect Peace

ever Is

the

Absolute Bliss

of

Oneness Perfection

Here Now.

All Is Oneness

All is Oneness

when the mind

ever dual

mutable

is

Still

Silent.

Absolute I AM ever Is.

Our one direct Experience in life is our immediate sense of Existence and Awareness of Being—the absolute Knowing *I exist*, *I AM*. This Knowing Awareness is Self-existent Self-evident Self-luminous and thus an absolute certainty. This absolute I AM is an ever-present constant in life and a deep undercurrent in all experience.

All direct Experience is nonconceptual nondual and absolute.

Along with the core-experience I AM is the primal I-thought—the original and root thought from which all other thoughts spring.

There is a continuous movement of thought and absorption in the ego I-thought that distracts us from merely just Being, and in ignorance we misidentify and intermix I AM with the ego body mind—as *I am the body* and *I am this* and *I am that.*

Realize I AM to be absolute limitless timeless real

and

the ego I-thought limited transient unreal

and

in this realization

merely Be purely See

transcendent

of

the ego mind and all ignorance and illusion.

I-Me-Mine

The

I

ever real

mixed with thought

as

me and mine

becomes

unreal

as

ego.

The infinite eternal One alone is I and what the One Is, I AM.

The One is absolute I AM—the One Self and Reality.

I AM ever Here in the eternal Now of Oneness Silence.

I AM ever Here in the eternal Now of Oneness Perfection.

I AM ever absolute Being Awareness Bliss.

I AM ever Self-existent Self-evident Self-luminous Oneness.

I alone AM.

The eternal One infinite Reality is both Emptiness and Fullness.

The One is Empty (no thing / no mind) and Full (Oneness).

From the One springs the illusory infinitude—an endless vibrating interconnected intermixed multiplicity endlessly multiplying itself in endless variation to Infinity—that is but a zero and nothing

From the One springs a zero.

Oneness alone ever Is—all else is but an illusion and a zero and nothing.

The limitless One is the Source Substratum Substance of the infinitude, while the infinitude is an illusory superimposition and but a zero and nothing.

The infinitude is one interconnected intermixed totality with everything absolutely relative to the point of being canceled and a zero.

The infinitude is the Veil of illusion and Shadow of the One and but a zero and nothing.

All illusion and all shadows are a zero and nothing.

For the Liberated who are embodied the Veil of illusion is permanently dissolved but the Shadow remains. For the Liberated who are not embodied the Veil of illusion is permanently dissolved and also the Shadow.

The infinitude is mere foam on the boundless *Ocean* of Being that is Oneness Existence.

All forms and beings are finite contractions in the formless One Being.

The One is the boundless *Ocean* of Being in which everything and all that seems to be or exist are mere bubbles and waves that appear and disappear. The *Ocean* of Being is ever One and indivisible and its depths ever unmoving and unchanging.

As waves rise from the ocean and fall back and dissolve in it, so the infinitude emanates from the limitless One Being and dissolves back into It.

From the limitless One Being an endless illusory multiplicity and diversity of finite forms and beings spring, like the one light of the sun passing through a prism and becoming separate and dispersed as rays.

Finite forms and beings are ever changing and generating other finite forms and beings, ad infinitum.

Limitless Being is the One Self and Reality.

Being is formless and Self-existent Self-evident Self-luminous Oneness.

Being is not action nor is it dependent on action, nor is it thought or an abeyance of thought. Being is not dependent on the body or mind—indeed without Being there is no body or mind or life.

There is no Being without Awareness and no Awareness without Being—Being and Awareness are One and indivisible.

That which ever Is is Bliss—Being Awareness is absolute Bliss.

Self Realization is the dissolution of the human being and the absolute Shining of Being Awareness Bliss.

I AM transcendent Freedom in the eternal Here and Now of Oneness.

The Song of Bliss

What Bliss to merely Be

to Be Free

to Be without compunction

to Trust

to Be the Source I AM

the limitless Source of Bliss.

Bubbles in The Ocean

We are bubbles

separate

in

the boundless Ocean of Being

but

when the bubble pops

all is Ocean

Absolute Oneness.

I AM One

I AM One

I Alone AM

Oneness Perfection

the One Absolute

Here Now

in

eternal Bliss.

But a Zero

Life

is

vibrant voraciousness

in

endless variation

and

but a zero

in

Oneness

Consciousness.

I AM Oneness

I AM

Absolute

Oneness

Existence Awareness Bliss

formless limitless immutable

the

One Reality

ever

Here

Now.

Ocean of Being

In the boundless Ocean

of

Being

there is only One . . .

a

limitless

Self Aware Oneness

indivisible

Whole.

The One and The Zero

The One

is

not an object

and

an object is not

the One

so

an object

is

nothing

but

a

zero.

Being

Being

merely Being

is

Bliss.

Being

just Being

is

Peace.

Being

simply Being

is

Love.

Being

only Being

is

Freedom.

Being

is

effortless

certain

our

Truth

our

Nature and Self

our

Perfection

Here

Now.

The One is absolute I AM.

Absolute I AM ever Is.

I alone AM.

Absolute I AM—the *original signature* of the Nameless One—eternally Shines in the Here and Now.

The I in I AM is infinite and eternal and the AM in I AM is absolute Existence that is limitless Being.

I AM is the absolute Power and Manifestation of the One.

I AM is the primary and fundamental principle of Manifestation.

I AM is absolute Oneness Experience.

I AM is limitless Omnipresence.

The infinite One I is eternal Presence.

I AM ever Here in the eternal Now of Oneness.

Who is Here? I AM. Who is Present? I AM.

The formless One is I AM I AM—the eternal Reality that is the infinite One Self.

The eternal One infinite alone is I and what the One Is, I AM.

I AM the One Absolute.

Absolute I AM is our real Identity.

The One Self is absolute I AM transcendent of the ego mind.

Absolute I AM springs from the infinite eternal real I, while *I am the body* springs from the ego I-thought that is the finite transient false I.

I AM is limited and distorted by misidentification with the body and ego mind.

The ego mind distorts the pure absolute nature of I AM.

The false assumption *I am this* and *I am that* springing from the ego I-thought creates and projects all misidentification and illusion.

The ego—the I-me-mine and I-you-it—is a powerful abstract mental construct sustained by memory and propelled by mental impressions and inclinations. The ego is the Veil of illusion and Shadow of the One Self.

It is the ignorance of misidentification with the ego body mind that perpetuates illusion.

Self Knowledge is Reality Experience transcendent and Free of all ignorance and illusion.

I AM

Absolute.

I AM

Oneness Perfection.

I Alone AM

Here Now.

One I

One I ever Is

and

what the One Is

I AM.

One Yet No One

There is only One

Who is no one

nobody

formless and Free.

The One Absolute

I alone AM.

I AM

One

and

Absolute.

The One

I AM

Self-existent

Self-evident

Self-luminous

Oneness Perfection.

I AM

I AM

is

My Original Signature

My Power

and

Manifestation.

I alone AM

I alone Shine

Here Now

in

Oneness Silence.

I AM Bliss

I AM Bliss

Oneness Perfection

limitless

unwavering

Self-effulgent Bliss

indivisible

and

Whole.

Now is the still point of Eternity.

Now ever Is.

Now is timeless.

The past is a memory and conceptual. The future is assumed and conceptual. The present is fleeting and conceptual. The Now is transcendent of the mind and all concepts, such as time.

Now is the Heart of Existence.

Existence is infinite in the eternal Now of Awareness.

Now is the One Absolute.

Now is the eternal Abode of the One and Only.

Now is Reality.

In the absolute One Light of the Now the Veil of illusion drops and Reality is revealed.

Illusion vanishes in the Now of Reality.

Now is the One Self.

Now is Omnipresence.

The Now of Presence is egoless.

Now is absolute Consciousness.

Now is Oneness Silence.

The Now of Silence is ever transcendent of the mind.

The mind stops in the Now of Silence.

Now is Naked.

Now is Nirvana.

Now is Bliss. Mere Being is Bliss. Bliss is unbroken happiness. Bliss is our eternal Nature. It is the ego mind that disturbs and obstructs our natural state of Bliss and happiness. Bliss is the One Self. There is no moment when the Self is not. Be free of the ego mind and so abide as the absolute Bliss that is the One Reality and Self.

Oneness is limitless Bliss.

Bliss is our underlying Reality.

Mere Being is Bliss.

Our innate Bliss is projected onto and associated with objects and the attainment of our desires. The happiness and peace we experience once a desired object is attained is our own inherent and natural Bliss and Peace, and with that there is a sense of fulfillment and completion. When the tension of desire is relieved we feel happy and at peace for a time, but there are always more desires that keep us from feeling complete, and we have made the false assumption that happiness and peace are external to us, which keeps us trapped in ignorance and illusion, missing the truth that we in reality are the happiness and peace we desire and seek. No matter what the desired object is it represents that which will make us complete and happy. It is permanent happiness and peace that we long for and seek, not realizing that Bliss and Peace are our natural state and eternal Nature and Self, in limitless abundance. Only abidance in/as the One Self that is Oneness Perfection is permanent Freedom from desire and the sense of incompleteness. We are limitless Bliss Peace Love Freedom—we are That which we ultimately desire.

Abidance in/as Oneness is absolute Bliss.

Now is Peace. Peace is the stillness of absolute Silence. There is no Peace in the movement of thought. When thought is absent there is perfect Peace. Peace is our eternal Nature. It is the ego mind that disturbs and obstructs our natural state of Peace. Peace is the One Self. There is no moment when the Self is not. Be free of the ego mind and so abide as the absolute Peace that is the One Reality and Self.

Peace is the Heart of Silence.

The Perfect Peace of Silence is ever transcendent of the ego mind.

When the ego mind is annihilated Peace ever Reigns.

Mere Being is Peace.

Liberation is eternal Peace.

Abidance in/as Oneness is absolute Peace.

Now is Love. Love is Oneness. Love is the *Form* of the formless One. Love shines on all like the sun. Love is our eternal Nature. It is the ego mind that disturbs and obstructs our natural state of Love. Love is the One Self. There is no moment when the Self is not. Be free of the ego mind and so abide as the absolute Love that is the One Reality and Self.

Love is the essential basis of Creation.

Love is a Light that dispels all darkness.

Love is unparalleled Power and the foremost healer and transformer.

Love is limitless.

Love is Oneness and like the light of the sun that shines on all.

Love is selfless.

Love is Free from want desire motive and attachment.

Love gives and does not ask.

Love springs spontaneously and unfettered from within—Love is our eternal Nature.

Love is unalloyed Beauty and Bliss.

The One Beloved is absolute Love that quickens pure love in the devotee.

The One Beloved listens only to the Music of the Heart—Love.

The Beloved and Lover are ever One in absolute Love.

Absolute Love is the Bliss of Oneness.

Abidance in/as Oneness is absolute Love.

Now is Freedom. Freedom is transcendent Oneness. Freedom is formless and nameless. Freedom is our eternal Nature. It is the ego mind that disturbs and obstructs our natural state of Freedom. Freedom is the One Self. There is no moment when the Self is not. Be free of the ego mind and so abide as the absolute Freedom that is the One Reality and Self.

Wherever one is, one is Free—Freedom is ever Here and Now.

Prior to and beyond the ego mind one is Free.

Desireless one is Free of the selfish I-me-mine and fever of the world.

Freedom is never attained—Freedom is Realized as our immortal One Self.

Freedom is Liberation from the ego body mind world cosmos.

Freedom is absolute independence as limitless Oneness.

Abidance in/as Oneness is absolute Freedom.

Now is Oneness. Oneness is indivisible and ever unchanging, while the ego mind is divided and ever changing. Oneness is our eternal Nature. It is the ego mind that disturbs and obstructs our natural state of Oneness. Oneness is the One Self. There is no moment when the Self is not. Be free of the ego mind and so abide as Oneness that is the Reality and Self.

Surrender is Oneness Reality Experience and Liberation from all ignorance and illusion.

There is only One

Here

Now . . .

Oneness alone Is.

I AM ever Here in the eternal Now of Oneness Perfection.

Now

The Now alone Is

all else is illusion . . .

this is all one need Know.

The Limitless Gateway

The Here and Now

ever

timeless

transcendent

absolute

is

the limitless

Gateway

to

Oneness

Reality.

The Still Point of Eternity

Moving in space

moving with time

is

what we do

but

the transcendent

ever

unmoved and unmoving

are

the Still Point of Eternity

the One Absolute.

Here and Now

Now is the unchanging axis and still point.

Here is the Now that is transcendent.

Here is the ever timeless Now.

Timeless Here and Now

Each moment

successive temporal

is

mental

conceived

illusory

while

the

timeless Here and Now ever Is

Absolute

Oneness Reality

the unchanging

One Self.

The movement of thought is time in a conceived space.

Thought is finite and fleeting.

Thought has form and vibration and is mutable and limited.

Thought is objective yet a subjective experience.

Thought is based on subject-object relativity and thus dual experience.

Thought is conditioned and programmed.

Thought is essentially nonexistent.

Thought is an illusion and a zero and nothing.

Thought Free

Knowing thought to be illusory

Be ever Free . . .

Be Here in the timeless Now

transcendent

in

Absolute Freedom.

Freedom is Here and Now.

Freedom is absolute independence.

Freedom is limitless in the Here and Now of Oneness Perfection.

The One Self and Reality is absolute Freedom transcendent of all ignorance and illusion.

Knowing everything to be illusion one is Free.

Freedom transcendent of the ego body mind world cosmos is limitless and absolute.

Freedom is transcendent Bliss.

In the world freedom is a *battle cry*, while in Reality Freedom ever Is.

The *Spirit of Freedom* is a prerequisite for Liberation from all ignorance and illusion.

Once the *Fire* for Freedom is ignited it grows and engulfs all limits to become limitless Freedom.

Desireless one is fearless and Free.

Freedom conceived by the mind is limited, while limitless Freedom is already our eternal Nature and real Identity transcendent of the ego body mind world cosmos.

Abide Free as the immortal One Self

Here and Now.

Freedom

Freedom

from the ego

is

Freedom indeed

and

Liberation.

We are Freedom Itself

in

Oneness Silence

transcendent

of

the mind.

Transcendent Freedom

I AM limitless Freedom

ever

transcendent

ever

desireless

ever

fearless

ever

Oneness Perfection

Here Now.

Ever Free

There are those who are good

and those who are bad

and those who are good and bad

but those who are Transcendent

are none of that

and

ever abide

as

Oneness

an

Absolute Existence

ever Free.

Home Free

Knowing only

Being and Awareness

in

Absolute Silence

one

is

Home

Free.

Be free of the ego mind—Be Free, always. *The bird flies in freedom*. There is no need for words and ideas because the One Self Power is limitless. Fly thought-free in the limitless *Sky* of Consciousness—when there is ego mind instantaneously there is captivity in the cage of illusion.

Consciousness—the One Self and Reality—is absolute Freedom alone unveiled transcendent of the ego mind.

Only when the ego mind is annihilated is there Liberation from ignorance and illusion.

Freedom ever Is Here in the transcendent Now of absolute Consciousness.

Deep meditation is abidance in/as the One Self in absolute Silence—thus abandoning contemplation and concentration, Be Free as That.

Absolute Consciousness is deep meditation that is our natural state.

In deep meditation there is no subject or object—only the limitless Silence of absolute Consciousness.

That which Shines before and after every thought is the Silence of absolute Consciousness.

The One Self Shines Here and Now in timeless deep meditation.

The One Self—Consciousness—alone ever Is.

Knowing everything to be illusion

One is Free.

The One is both Empty and Full—Empty as no mind / no thing and Full as Oneness.

In Emptiness

there is an eternal Smile

formless limitless.

In Emptiness

there is Oneness

pure Is-ness.

In Emptiness

there is Beatitude

Shining Bliss.

In Emptiness

there is absolute Silence

the Music of Eternity.

In Emptiness

there is transcendent Freedom

ever Boundless.

Alpha Waves

A respite

in

sweet

Alpha . . .

alert Emptiness

a mental absence

in

Wakeful Rest

utterly relaxed.

Objects Are Empty

All objects are empty

except

when

filled with thought

and

feeling.

One absolute Power alone ever Is.

The One Power is limitless invincible indivisible and abiding.

The One Power alone Experiences Itself—the One is absolute Experience as Oneness.

Oneness Knows only Oneness.

The One Power is the One Source Substratum Substance of everything and all that seems to be or exist.

The One Power is absolute Consciousness that makes everything and all that seems to be or exist evident and possible.

The realization that there is only One Power affords the perfect perspective and view. This realization coordinate with total trust in the One brings one to surrender and abidance in/as Oneness Perfection.

The One Power is Existence Awareness Bliss—the infinite eternal Reality that is the One Self.

Existence Awareness Bliss is the One Absolute.

The One Power is Maya that is the Manifestation of the One.

Maya is the Almighty Creator of the illusory infinitude that is the Veil of illusion and Shadow of the One. Maya is the Power that makes illusion seem real. Maya is the play of ignorance in illusion.

The One Power is Grace that is the Manifestation of the One.

Grace is the Power and play of Oneness Truth and Perfection in Maya—Grace Awakens and Liberates all from Maya's Dream of illusion.

The One Power Manifests as Maya and Grace.

Grace and Maya are both unfathomable.

Grace—the Power of Oneness—and Maya—the Power of illusion—are intertwined as the Manifestation of the One.

The Manifestation of the One is the Supreme Drama that is the powerful play of Maya and Grace, with Grace ever surpassing Maya as the One underlying and preeminent Reality.

Grace is infinite eternal Oneness, while Maya is the Veil of illusion and Shadow of the One that is but a zero and nothing.

Grace—Oneness Truth and Perfection—is the One Reality, while Maya's illusory infinitude is an illusory superimposition and a zero and nothing.

Grace is the One Light of Truth, while Maya is the darkness of ignorance in illusion.

Grace and Maya are the play of Light and darkness.

Grace ever Is, while Maya appears and disappears along with the illusory ego mind and infinitude.

By Grace alone we escape Maya and all ignorance and illusion to ever abide in/as absolute Oneness Existence Awareness Bliss.

Complete trust and surrender to/as Oneness is alone by the limitless Grace of the One.

Our dissolution by the Grace of the One

is

the unveiling

of

Reality

the One Self.

The One Power ever Is

Here

in

the eternal Now of Oneness Perfection.

Absolute Power

Diaphanous

One ever Is

Absolute Power

formless

immutable

Omnipresent Oneness.

One Power

One Power

underlying all

energy

objects

experience

everything that seems to be or exist

ever Is.

One Unmoving Power

I AM

ever

unmoving

Oneness

Self-effulgent

in

limitless

Silence . . .

One Absolute Power.

The infinitude is Maya's limitless Imagination.

The infinitude is Maya's Dream.

The infinitude is everything and all that seems to be or exist.

The infinitude is the illusory creation and projection of Maya mind.

The infinitude and Maya and the ego mind are the Veil of illusion and Shadow of the One.

The infinitude is a mirage, and all experience an illusion.

The infinitude springs from a zero-dimension point that is infinitesimally finite and expands endlessly as illusion.

The infinitude is an endless vibrating interconnected intermixed multiplicity endlessly multiplying itself in endless variation to Infinity.

The infinitude is fundamentally unified and superficially diversified and is one interconnected totality with everything absolutely relative to the point of being canceled and a zero.

The infinitude is an illusory creation and projection of the ego mind and a zero in Oneness Consciousness.

The infinitude is one interconnected intermixed totality that is an obscure reflection of Oneness in the *Mirror* of Consciousness.

The infinitude is endless illusory experiences—the infinitude is an illusion and a zero and nothing.

The infinitude and the ego mind are coordinate and conjunct as one and appear and disappear as one.

The infinitude is in the ego mind, and both are in Consciousness.

The infinitude is an illusory superimposition on Consciousness—the Reality that is the One Self.

The infinitude is the *Grand Illusion* created and projected by the ego mind onto Consciousness.

The ego mind is the ultimate miracle because it is from the mind that the infinitude springs and is projected and externalized as perception and experience.

The infinitude is one interconnected intermixed totality comprised of endless particles atoms molecules forms bodies worlds stars galaxies universes and so on—the infinitude is everything and all that seems to be or exist.

The infinitude has endless properties attributes conditions and limits.

The infinitude is mere foam on the boundless Ocean of Being.

The infinitude is a zero

in

Oneness

Consciousness.

Infinity

Infinity

in

a grain of sand or star

in

the infinitesimal or immense

an endless multiplicity

endless variation

endless thrust

to

Infinity.

Everything

all objects

finite material vibratory

a living force ever mutable

an endless energy

action reaction contraction

expanding

to

Infinity.

Everything

all objects

thoughts clouds atoms chairs universes

an infinitude

an interconnected intermixed one totality

and

a mere illusory superimposition

on

the eternal One infinite

Consciousness.

Mere Foam

The infinitude

mere foam

on

the boundless Ocean of Being

is

a

zero

in

Oneness

Consciousness.

Fractal and Holographic

The infinitude

a

fractal expanding evolving symmetry

a

shape with parts similar to the whole

like

a

hologram

self-similar repetitive patterns

self-similar geometry

like

crystals snowflakes clouds lightening ocean waves.

The universe

fractal and holographic

wholeness found everywhere

as

one totality

within every entity

on all scales

atomic to galactic

a seamless movement of energy

information

throughout

with

everything

fundamentally unified

superficially diversified

and

absolutely relative

to

the point of being canceled

and

a

zero.

Mental impressions and inclinations keep the *Wheel of Karma* spinning.

Mental impressions and inclinations create and sustain the illusory world of the mind.

Some things make an impression that leaves an imprint on the mind. These impressions—imprints—become inclinations in the form of desires attachments preferences habits actions reactions and so on that form a unique personal individuality and life.

Impressions are countless and are either active or dormant.

Inclinations are predispositions that become automatic reflexes that in turn become patterns.

Impressions and inclinations seek manifestation and are the fuel that drives our life in the world.

Impressions and inclinations keep the ego mind active and conditioned and are good neutral or bad—the good being selfless and auspicious and the bad being selfish and inauspicious.

The mind is the creator and projector of *vicious circles* and cycles that are like spinning wheels. And so long as the ego assumes itself as the agent of experience—as the doer and owner—it is entrenched in the cycle of karma, ever spinning its *wheels* in ignorance and illusion.

Karma is action and reaction.

Spin is fundamentally at the foundation of why everything is the way it is and works. That which holds all things together also drives them into motion and this fundamental spin to things allows energy to move freely throughout all bodies in the universe and in all systems. The fundamental force of momentum forces things to spin. The force of spin is embedded in all things.

Our actions and reactions spurred by impressions and inclinations keep us spinning on the Wheel of Karma.

The egocentric under the spell of ignorance and illusion are like a dry leaf whirled round and round and all about by the wind of impressions and inclinations.

Stop the ego mind spinning its web of illusion by Being Present in the transcendent Here and Now of Oneness Silence.

Impressions are karma that create more impressions and karma. Impressions are like genetic imprints—genes are karma.

Karma is both action and reaction. Karma is the result or consequence of actions and reactions and motives.

Karma is balance and justice. Karma is the natural *physics* of life and the law of nature. All that we do comes back to us—*As we sow, so shall we reap* is a natural law. What we give returns to us and what we withhold is taken from us. For every action there is a reaction—action and reaction are coexistent and coordinate as one.

In ignorance we react and act in reaction.

Action and reaction spring from dual subject-object relativity.

Action and reaction bind us and keep us spinning on the *Wheel of Karma*.

Karma is the play of Maya and Grace.

Grace and Maya are the limitless Power and Manifestation of the One and coexistent.

Grace is the play of Oneness Truth and Perfection in Maya's infinitude that is the play of ignorance in illusion.

Maya is action and reaction, and the karmic *mover and shaker* of the infinitude. In Maya's play of ignorance in illusion, Maya is the *Karmic Lord* of returns and retribution.

Grace coexistent with Maya is karmic balance and justice in the infinitude.

Grace purifies and heals and quickens compassion and wisdom.

All impressions and inclinations and karma are burned and dissolved by Oneness Grace.

It alone is Grace that Wakes and Liberates all from the spinning

Wheel of Karma.

Ever Free

The One Self

ever Free

of

impressions inclinations

actions reactions

karma

is

Absolute Peace.

Universal Spin

Currents moving into eddies . . .

the mind

like

water and wind

is

moving everything

here there

in

circles

ever spinning

a universal spin

like

a

wheel.

Maya's Dream is the prodigious play and drama of man and woman and their offspring under Maya's Spell of ignorance and illusion. Humans are the only beings that consciously *turn within* to the One Light of Truth. *And God made man in His Image.* The *Kingdom of Heaven* is *within* as the One Self that is the Reality. It is the Power of Grace that pulls one *within* and aligns one with Oneness Truth and Perfection, while it is Maya mind that creates and projects illusion and makes illusion seem real.

This turning within is the spiritual path and journey that is the gradual dissolution of the ego mind in an ascending order of finer purer mental grades and levels, leading to the annihilation of the ego mind and the full unveiling of Consciousness as the Reality and Self. The annihilation of the ego mind is Waking from the Dream of Maya and Liberation from all ignorance and illusion.

The Immortal One Self ever Is

transcendent

Freedom.

In the Silence of Oneness

we Wake from Maya's Dream

to

Reality

by

the Grace of the One.

Grace ever Is.

Grace is ever immanent, ever *flowing*.

Grace is ever Here and Now.

Grace is the Power and Manifestation of the One.

Grace is the Awakener and Liberator.

Grace Wakes us from the dream of illusion.

Grace Liberates us from the ego mind and ignorance and illusion.

Grace is Oneness Truth and Perfection.

Grace is Bliss Peace Love Freedom.

Grace guides protects heals and purifies.

All true spiritual guidance and blessing is Grace. All that is truly auspicious is Grace. All that purifies is Grace and all that burns and destroys the ego mind is Grace.

Grace is ever *within* as our Guide.

Until we turn within to the eternal One Light that is the Self we will not know Grace as ever flowing, ever Here and Now.

Grace is the One Self—our eternal Guide and Beloved.

Association with the Realized Liberated and the illumined is of paramount importance and invaluable, but it is the One Self that is our eternal Guide and Beloved.

Grace is ever flowing from the Heart of Existence—the infinitely luminous and ever Shining I that is the eternal Self.

Grace as Oneness Truth and Perfection destroys the ego mind and reveals the eternal One infinite to be the Self.

Grace comes in the form of the spiritual Guide.

Grace may assume form and name so to be visible and accessible to devotees and seekers of Truth but is ever within as the formless immortal One Self and eternal One Beloved.

Grace and the Guide and Self and Beloved are One and the same.

Association and alignment with Oneness Truth in any form, in any way, is Grace.

Grace is the Heart, wide open.

Grace never sees the ego mind or world of illusion. It is when our heart is open or when we are totally relaxed or least expecting it that Grace takes hold. The ways of Grace are unfathomable.

Grace is absolutely essential for Realization and Liberation.

Grace *burns* and annihilates the ego mind, thus destroying the Veil of illusion.

Grace reveals attunes and aligns one to Oneness Truth and Perfection.

Grace is unfathomable.

Grace ever Is Here and Now.

Grace Ever Is

Grace ever Is

eminent

preeminent

Oneness Perfection

ever flowing

ever Supreme Blessing

Here and Now.

Grace

Pure Love

is

the greatest Gift

Grace gives

and

Knowledge of one's True Nature

is

the ultimate Blessing

Grace bestows.

The One is the one and only Truth.

Oneness alone is Truth—all else is untruth and a zero and nothing.

Oneness Truth ever Is Here and Now.

Oneness Truth alone is in Silence.

Oneness Truth is the One Absolute.

Oneness Truth is ever unchanging.

Oneness Truth is Reality.

The unchanging Reality transcendent of the ego mind is the One and Only Truth.

Oneness Truth is the One Self.

Reality is the Truth of the Self.

There is no refuge other than Truth—when we disown untruth we stand as Truth Itself.

Oneness Truth is Reality Experience that is Self Knowledge.

In Oneness Truth both ignorance and knowledge dissolve in Self Knowledge that is Reality Experience.

Oneness Truth is Omnipotent Omniscient Omnipresence.

Oneness Truth is ever transcendent of the ego body mind world cosmos.

Oneness Truth is never what is thought of it.

The ego mind can only obscure and veil Truth.

We betray and overlook Truth by seeking it in the mind and world and cosmos.

Oneness Truth is transcendent Knowledge.

Direct Experience of Oneness Truth is absolute Knowledge.

Oneness Truth is nonconceptual Knowledge and never an object of knowledge.

Knowledge that is free of the subject-object dichotomy alone is real and absolute.

One who truly Knows knows there is nothing to know.

Oneness Truth is ever transcendent of all truths and facts.

That which is other than Oneness Truth is nonexistent.

Conceptual knowing and knowledge is unreal, **as is ignorance**.

One who knows that both ignorance and conceptual knowledge are essentially nonexistent is Knowledge Itself.

Conceptual knowing and knowledge is based on dual subject-object relativity that is subjective experience and an illusion and a zero and nothing.

Conceptual knowledge is knowledge of the ego body mind world cosmos, while nonconceptual Knowledge is transcendent Oneness Truth in absolute Silence.

Knowledge—the known—and ignorance—the unknown—are dual coexisting opposites that are relative yet conjunct as ignorance spinning the web of illusory conceptual knowledge.

Ignorance is the perpetual shadow of conceptual knowledge.

Ignorance of Oneness Truth—Reality—is the source of all error and suffering confusion conflict vice and so on.

Identification with the ego body mind springs from ignorance of Oneness Truth.

Worthy knowledge is knowledge that is discerning and frees one from both knowledge and ignorance.

Worthy knowledge is like the thorn used to remove another thorn painfully imbedded in flesh—it discerns the real from the unreal, truth from untruth, pointing one beyond the ego mind to Oneness Truth that is absolute Knowledge.

To remove ignorance and false knowledge, alignment with Oneness Truth is a prerequisite.

Self-honesty and honesty in life and living is aligned with Oneness Truth and a prerequisite for integrity courage and an auspicious and good life.

Self Knowledge that is Reality Experience destroys the ego mind and all ignorance and illusion.

Oneness Truth is ever Here and Now

in

transcendent Silence.

The Eternal Unknown

Oneness Truth

That which ever Is

is

ever

Unknown

and

Nameless

the

One Absolute

ever

Here and Now

in

transcendent

Silence.

One Who Knows

One who Knows

knows

the world

does not Exist.

One who Knows

ever Is

the Bliss

of

Oneness Perfection.

Eternal Home

Freedom

from

the known

is

pure

Bliss

our

eternal Home.

Which came first, the seed or the tree? This is an existential question that comes from the mind. There is no true conceptual answer to any existential question. The answer or Truth alone is in Silence.

Why do I exist? Why does all this exist? These are existential questions that come from the mind. There is no true conceptual answer to any existential question. The answer or Truth alone is in Silence.

Who am I? This is an existential question that comes from the mind. There is no true conceptual answer to any existential question. The answer or Truth alone is in Silence.

Why does illusion exist? This is an existential question that comes from the mind. There is no true conceptual answer to any existential question. The answer or Truth alone is in Silence.

We all have come up with various answers to various existential questions, but there has never been any one evident and certain conclusion because there are no true conceptual answers to existential questions. The answer or Truth alone is in Silence.

Some say Existence is a mystery, but this is a conceptual conclusion that misses the mark because there is no true response to any existential quandary. The answer or Truth alone is in Silence.

The *key* to any existential puzzle or dilemma is Consciousness. When the mind is still and silent or dissolved only the Silence of Consciousness that is the One Self remains—we are the Silence of Consciousness that is Oneness Truth and the answer to any existential question. Truth alone is in Silence and never in the ego mind. All existential questions, all longing and search for Truth and Knowledge, ultimately bring us to Silence transcendent of the ego mind. Truth ever Is Here in the eternal Now of absolute Silence.

Discrimination is a tool used to discern the real from the unreal.

Discrimination between the real and unreal, the Self and non-Self, brings one into complete alignment with Oneness Truth. The one who discerns that which is true from that which is false and turns from illusion to Reality, from darkness to Light, is qualified for Realization and Liberation. Devotion and love for Truth are the means for right discrimination and the turning to and alignment with the One Light *within* that frees one from all that is false and untruth. The clear recognition and conviction that the One is real and the ego body mind world cosmos unreal is right discrimination.

Renunciation and Realization are akin—when all that is non-Self is renounced, only the Self remains. Abidance in/as the One Self is automatic renunciation and abandonment of all that it is non-Self. Renunciation negates while abidance affirms yet both lead to Realization.

Right action purifies the mind but does not lead to Self Realization. Realization proceeds from right discrimination and higher reasoning and not by action of any kind. Action does not lead one to freedom from illusion, whereas Realization is Freedom. Clear recognition and conviction proceeds from right discrimination and higher reasoning, and not from action. By higher reasoning the *rope* of Reality is discriminated from the *snake* of illusion—by way of discrimination the reality of the rope is discerned from the illusion of the snake.

Under the *lens* of higher reasoning and in the impersonal One Light of Awareness all obscure emotions and motives and mental modes are exposed and clearly known. Awareness—the One Witness Seer—exposes and Sees all to be clearly observed by the higher intellect. All ego mind movement is Witnessed, and when detached one clearly sees and observes without bias and in all honesty.

The Light of the One Witness Seer burns the ego mind.

It is an illusory dream and dreaming of the ego mind that is Witnessed.

The root belief from which all other beliefs spring is: *I am the body—I was born and will die.* This primal belief based on misidentification springs from ignorance and is immensely powerful and holds most in its sway.

All bias in the form of beliefs judgments negativity and such color and distort perception and experience. Higher reasoning is not based on preconception and thus is unbiased. It takes time to divest oneself of all the layers of blind beliefs and biased judgments and reactionary opinions and so on. These layers are a dense dark ignorance that creates *stupid sheep* in a conditioned world. Only earnest and honest investigation based on the longing for Truth and Freedom will deconstruct the layered structure of ignorance in illusion. Going to the root of ignorance—the ego—will solve all puzzles and unravel all tangles and unburden unbind and Free one.

All criticism judgment and negativity are worthless—only clear unbiased observation and reasoning and self-honesty will free us from all ignorance delusion and illusion.

It is ignorance in illusion that makes false assumptions and holds erroneous beliefs sustained by imagination and memory.

The one who clearly discerns the Self from the non-Self, Reality from illusion, knows the ego mind to be the source of all ignorance delusion and illusion and thereby lives Free of the ego and all unnecessary thinking and action.

Discrimination between the true and the untrue, along with the clear comprehension of the nature of desire and fear, is our *spiritual backbone*. But it is love for Freedom that most powerfully establishes one in Oneness Truth.

Regard and discard everything as untrue and unreal until the illusory mind dissolves and the absolute Silence of Reality Reigns.

When Named Untrue

All that is false and illusory

when named

untrue

holds no power

to

beguile

deceive

obscure

Oneness Truth

Reality.

Attention rises from Consciousness as a pointed mental focus on an object.

Attention is a pointed mental focus on an object and is either one-pointed or wavering.

Attention is perception that thought takes hold of as dual experience that is relative and subjective.

Attention is directed to an external or internal object and when not so directed relaxes and dissolves into its Source—Consciousness.

Attention focused on an object is an illusory superimposition on Consciousness.

Attention is a conceived seeming of stretching to an object other than the subject I and thus dual relative experience.

Attention is awareness as focus that is directed by intention to an object of interest and is a conscious action of the ego mind. Attention and intention and focus, together as one, are an energetic contraction.

Everything perceived is an object and objective to attention, including all mental and sensory phenomena. All objects are finite vibratory mutable and transient. Everything and all that seems to be or exist is an object.

Attention and intention are coordinate and conjunct as one. Attention and intention, combined, are focus, but intention commands attention.

When attention is directed at and focused on phenomena, external or internal, the conceptual perceiver-perceiving-perceived triad comes into play.

Life and living are based on attention and intention—without attention and intention there is no individual or mind or experience or life.

Attention springs from Consciousness as pure Awareness until intention directs it as focus to an object via thought—initially there is instant pure perception until thought takes hold as experience.

Attention as conscious focus emerges via the brain and senses as objective perception that in turn is formulated as *form and name* by thought that in turn becomes relative experience that is subjective. Attention based on dual subject-object relativity is created and projected by the ego mind. When the mind as attention turns *within* and subsides in Consciousness, all objects and perception and experience likewise dissolve in Consciousness.

Attention needs the support of an object and intention otherwise it dissolves in Consciousness.

Introvert the ego mind and it ceases to exist.

Introversion means non-attention. With non-attention the mind dissolves in Consciousness.

Introversion of the ego mind is absolute Consciousness, the One Self.

The mind turned inward is Consciousness and turned outward the ego body world cosmos.

The ego I-thought is the agent of attention and the assumed doer and owner. When the ego as attention has no interest or attachment it automatically and effortlessly returns to its Source—Consciousness—the One Self.

When attention rises from Consciousness as focused intention on an object, Consciousness—the underlying Reality—is obscured by the ego mind. When attention dissolves into its Source—Consciousness—the ever-existent Reality that is Consciousness Shines.

Consciousness is objectified by thought as attention focused on an object, but this is an illusion. Attention is a superimposition on Consciousness and appears and disappears in Consciousness, while Consciousness remains ever the same as unmoving and indivisible Oneness.

Mental impressions and inclinations bring intention and desire into play and determine the nature and power / force of focus. Attention is neutral, while intention / interest is the power / force that determines and directs the quality of focus. When intention / interest ceases, attention dissolves into Consciousness without an object to focus on.

Focus is vague and wandering in infancy but develops to a *norm* level of sharpness for functioning in life and the world.

Presence has no intention or purpose and is Oneness that is transcendent Freedom, while attention as a pointed mental focus on an object is the play of dual subject-object relativity and a state of contraction in illusion.

Absolute Consciousness is transcendent Freedom

in

the Here and Now

of

Oneness.

Consciousness plus perception plus thought is experience.

Everything and all that seems to be or exist is an illusory superimposition on Consciousness—like, perception thought experience and so on.

Consciousness is the underlying One Reality that makes everything and all that seems to be or exist evident and possible.

All perception is instant—prior to thought—and initially pure until thought takes hold as dual experience.

Thought creates and projects experience that is dual and relative, while perception in its first instant is direct pure and absolute.

There is no separation or relativity in direct pure perception that is absolute.

Perception that is direct and pure—Here and Now—is absolute Experience transcendent of the mind.

Perception tainted / colored by thought is indirect impure experience that is dual relative subjective and unreal.

Conceptual perception and experience are indirect impure dual relative subjective and unreal.

Perception owned by the ego via thought becomes conceptual experience that is unreal.

The ego is the I-thought that is the primary or root thought from which all other thoughts spring. The ego is a powerful abstract mental construct created by thought and sustained by memory. The ego is an energetic contraction and the centric force of thought. The ego is body-identity, as 'I am the body'.

Conceptual experience is based on dual subject-object relativity and thus indirect and unreal.

Dual subject-object relativity creates the illusion of separation.

All thought driven experience is ephemeral.

Conceptual experience is subjective and illusory.

Conceptual experience can be objectified and analyzed, labeled and categorized.

Conceptual experience is an illusory superimposition on Consciousness.

Conceptual experience obscures Oneness—illusion veils Reality.

Nonconceptual perception and experience are direct pure nondual absolute and real.

Pure perception is direct—prior to and transcendent of the ego mind.

Pure perception is Here and Now.

Pure perception is absolute Awareness Consciousness.

Pure perception is absolute Experience.

Direct Experience is absolute.

Absolute Experience—Reality—is Here and Now transcendent of the ego mind.

Absolute Experience is Oneness—Reality.

Oneness Experience—Reality—is in absolute Silence.

Consciousness is the one constant in all experience and the continuity in the world of experience.

Repeated experience of any same one object is never identical—each experience of the same one object is unique. The ego body mind world cosmos is ever changing yet all experience shares one unchanging commonality and that is Consciousness. Everything and all that seems to be or exist appears and disappears in Consciousness that is the underlying One Reality. Consciousness is ever unchanging Oneness that alone ever Is.

The infinitude is an endless ever-changing multiplicity and diversity in endless variation. Countless combinations of countless attributes contribute to the endless variation of perception and experience that is but an illusory superimposition on Consciousness.

It is in the direct open and genuine meeting of perception and experience that *Truth comes to Light* and a natural outcome is the result. Interacting with motive or an agenda is artificial and ultimately *off the mark*.

Nonreactive and actionless in action and without motive, one is pure and genuine and Free.

Open in the Here and Now one is transparent and traceless.

Pure perception and experience are ever Here and Now transcendent of the ego mind.

The One and Only alone Experiences Itself.

The One is absolute Experience as Oneness.

Oneness Knows only Oneness.

All reaction is personally stamped by the ego.

Reaction is a tool of Maya.

Reaction distracts us from Oneness Truth—reaction is the antithesis of Oneness.

Reaction and action are based on separation desire and fear.

In ignorance we react.

We act in reaction and react in action.

Reaction is an automatic reflex that keeps us in the illusory world of the ego mind.

It is mental impressions and inclinations that move us to react and act.

Reaction springs from the ego as dynamic differentiation and separation.

Reaction is the ego in action as desire and fear, as the judge and critic and so on.

Reaction takes the form of like and dislike and ideation and emotion and so on.

All opinions and likes and dislikes are conditioned and biased reactions.

Reactions preconceptions beliefs preferences and so on create color and distort experience.

All live in the world according to preconceived ideas that color and distort experience. All live in a biased way, on a tangent, based on differentiation that creates separation and conflict. All are conditioned. All are ignorant and live in a world of illusion.

Reaction is a mark of ignorance in illusion.

Reaction binds and keeps us captive in illusion.

Reaction springs from the ego mind and is the antithesis of Oneness.

Be ever Free

in

the

Here and Now

of

Oneness

transcendent

of

the duplicitous ego.

Deification

Action reaction action

automatic

alternation

in

duality ever relative

personally stamped

by

the ego

seeking

verification

confirmation

deification.

Consciousness is the One Absolute.

Consciousness is absolute Oneness Experience.

Consciousness is ever transcendent Oneness.

Consciousness is Oneness Perfection.

Consciousness is formless unchanging Oneness Transparency.

Consciousness is One indivisible Whole that is limitless.

The ego mind objectifies Consciousness and projects its own nature onto Consciousness.

There are no grades or levels or planes of Consciousness, nor varied sorts of Consciousness—Consciousness is formless immutable indivisible Oneness.

It alone is the illusory ego mind that creates and projects division and variation in the form of grades levels planes and such onto Consciousness. The ego mind based on dual subject-object relativity is the Veil of illusion and a superimposition on Consciousness.

The infinitude is not a play of Consciousness—it is the play of the ego mind that is Maya.

Consciousness is ever unmoving Oneness transcendent of the ego mind and infinitude that is but an illusory superimposition on Consciousness. It is of paramount importance to realize that Oneness Consciousness is the underlying One Reality of everything and all that seems to be or exist yet is ever untainted and unmoved.

Consciousness is the One Reality.

Consciousness is the Uncreated and Unborn, without a beginning or end.

Consciousness is absolute Existence Awareness Bliss—the One Reality and Self.

Consciousness is never attained but ever already Realized.

Consciousness is the One Reality and all else that seems to be or exist is a creation and projection of Maya mind and an illusory superimposition and a zero and nothing.

Consciousness is the underlying Reality of everything and all that seems to be or exist.

Consciousness is the Self-existent Self-evident Self-luminous One Self.

Consciousness is ever Self Aware.

Consciousness Knows only Consciousness.

Consciousness is our eternal Nature and real Identity.

Consciousness is absolute I AM.

I am conscious. I am conscious of Consciousness. I am Consciousness Itself. I AM.

Consciousness is the limitless I—the One Self—that is the Heart of Oneness.

When the ego dissolves in Consciousness the Self Shines, unveiled.

Just as a rope is mistaken for a snake, so we mistake the Self—Consciousness—for the ego body mind.

We are Consciousness in which thoughts perceptions and experiences appear and disappear.

Realization that absolute Consciousness is our real Identity is enough to bring the seeking mind to an end. It is seeking alone that bypasses and postpones the Here and Now of Self Realization.

Consciousness is Omnipotent Omniscient Omnipresence.

Consciousness is an absolute Power and Intelligence that is limitless.

The cosmic illusion is a mind creation projected onto the Omnipotent Omniscient Omnipresent Screen of Consciousness like a 3D movie. The world of illusion is a movie we watch—all of life in the cosmos is a movie we thrill to. Watching the movie is part of the movie—a movie within a movie ad infinitum in illusion.

Consciousness is the One Source Substratum Substance of everything and all that seems to be or exist.

Consciousness is a limitless continuum in which everything and all that seems to be or exist appears and disappears.

Consciousness is the *Unified Field* in which everything and all that seems to be or exist is interconnected intermixed as one totality.

What is an object? Consciousness.

Consciousness is All there Is.

Just as the ocean is nothing but water, so the world and cosmos is nothing but Consciousness.

Attention and intention without an object to focus on dissolve into their Source—Consciousness.

All that springs from Consciousness dissolves back into Consciousness.

Everything and all that seems to be or exist is a superimposition on Consciousness.

The infinitude is in the mind and both are in Consciousness.

All objects are in Consciousness and nonexistent in themselves—Consciousness makes all objects evident and possible.

Like clouds that appear and disappear in the sky, thoughts feelings memories and so on appear and disappear in Consciousness.

Everything and all that seems to be or exist are mere waves and bubbles that appear and disappear in the boundless Ocean of Consciousness.

Everything and all that seems to be or exist is projected onto the limitless Screen of Consciousness like a 3D movie.

Consciousness alone ever Is.

Consciousness is limitless and timeless Oneness.

Consciousness is the One Reality and all else is but an illusion.

Oneness Knows only Oneness—Consciousness Knows only Consciousness. Oneness and Consciousness are One and the same. Consciousness is ever Here in the eternal Now of Oneness.

That which is other than Consciousness is an illusion and nonexistent.

Consciousness is ever Here and Now.

The Here and Now is the limitless Abode of Consciousness.

The eternal Here and Now of Oneness is absolute Consciousness.

The Now of Consciousness is absolute.

Consciousness is the One Light that is an absolute Power.

Consciousness is Self-luminous Oneness ever transcendent and pristine.

Consciousness is the One Light in everything and all that seems to be or exist.

Consciousness is the One Light of Intelligence that makes all objects evident and possible.

Consciousness is the One Light in all perception and experience.

Consciousness is the One Light of all material lights and their reflections.

Consciousness is the limitless One Illuminator.

Consciousness is the One Light that Illumines the infinitude.

Nothing exists or happens unless the One Light of Intelligence Sees it.

The ego mind operates in the Light of Consciousness which makes it evident and possible.

The Light of Consciousness is an absolute Power that outshines everything and all that seems to be or exist.

Consciousness is a transcendental Mirror.

Consciousness is Empty.

Consciousness is Naked.

Consciousness is Transparency.

When one looks into the Mirror of Consciousness one Sees the One Self and Reality.

The infinitude is one interconnected intermixed totality that is an obscure reflection of Oneness in the Mirror of Consciousness.

The reflection of the infinitude in the Mirror of Consciousness is but an illusory creation and projection of the ego mind. The infinitude and the ego mind and all creations and projections are illusory and a zero in Oneness Consciousness.

Consciousness is ever Knowing Awareness, **and never the known**.

Consciousness is the One Seer and Knower of everything and all that seems to be or exist.

Consciousness is the eternal I that is the infinite Eye that Sees all.

Consciousness is the Knowing Awareness underlying all perception and experience.

Consciousness is an Ocean of Intelligence.

We are ever the Knowing Awareness of all perception and experience—we are Consciousness Itself.

That which is known is an illusion—the One Seer and Knower alone is real.

I am not the body or mind or any object—I Am the One Seer and Knower.

All we know is experience and all we know of experience is the knowing of it; so, all we ever really know is knowing that alone is known by itself—knowing knows only knowing. Since we are this absolute knowing, knowing is never experienced as an object—knowing just Is. Knowing is the sole Source and Substance and Substratum of all experience. We are Knowing Awareness—Consciousness.

Consciousness is absolute Experience and the one constant and continuity in all experience.

Consciousness has never had an experience—It is absolute Experience.

Experience of any one same object is never identical—each experience is unique and subjective. Perception is always a subjective experience when thought intervenes and takes hold. Everything changes and all experience is unique yet there is the sense that there is a commonality shared by each and every experience and that is Consciousness—Consciousness is the one constant in each and every experience and the only continuity in the world of experience. We might say that it is memory that is the continuity in experience, but experiences differ and memory falters, while Consciousness is One Whole and indivisible and ever the same.

Consciousness is transcendent Silence.

Consciousness is a limitless *Ocean* of Silence and Light and Knowing.

Consciousness is absolute Silence in the eternal Here and Now of Oneness.

Consciousness is Oneness Silence ever transcendent of the ego body mind world cosmos.

We are like bubbles in the Ocean of Consciousness—to be Free the ego mind bubble must pop.

It is the absolute Silence of Consciousness when thought ceases.

That which Shines before and after every thought is the Silence of Consciousness.

The mind turned inward is Consciousness and turned outward the ego body world cosmos.

One whose Identity is absolute Consciousness is limitless Freedom transcendent of the ego mind and all ignorance and illusion.

It is the human being who turns within to the One Light of Consciousness that is the infinite eternal One Self. This turning within is the spiritual path and journey that is the gradual dissolution of the ego mind in an ascending order of finer purer mental grades and levels, leading to the annihilation of the ego mind and the full unveiling of Consciousness as the Reality and Self. The annihilation of the ego mind is Waking from the Dream of Maya, and Liberation from all ignorance and illusion.

Consciousness Reigns Supreme in transcendent Oneness.

Consciousness is the Bliss of Oneness Perfection.

Consciousness is the One Absolute.

Be ever Here

in

the eternal Now

of

Consciousness.

Consciousness Alone Ever Is

Consciousness

is

formless

the One underlying Reality

of

everything that seems to be or exist

all that has form

all that is but an illusory superimposition . . .

a pencil is Consciousness

but

Consciousness is not a pencil

for

Consciousness alone ever Is

and

all else is but an illusion

and

nonexistent.

The Only Constant

The only constant

in

every experience

is

Consciousness.

The only Truth

is

Consciousness

formless

stainless

Oneness

ever Free.

Consciousness

The transparency

of

Consciousness,

the underlying

One

Light and Reality

of

all the myriad illusory shades

of

countless colors

feelings

meanings,

Alone ever Is.

But A Zero

Life is

a

vibrant voraciousness

in

endless variation

and

but

a

zero

in

Oneness

Consciousness.

Reality ever Is, **while illusion is ever nonexistent**.

Reality is the One Absolute.

Reality alone ever Is.

Reality is ever unchanging and absolute.

Reality is infinite eternal Existence.

Reality is Here and Now.

Reality is infinite eternal Oneness.

Reality is formless indivisible Oneness

Reality is absolute Oneness Experience.

Reality is limitless Oneness Perfection.

The One alone is Real—all else that seems to be or exist is unreal.

There is no creation preservation or destruction in Oneness Reality—only in illusion.

There are no forms formations or formulations in Oneness Reality—only in illusion.

There is no differentiation division or distinctions in Oneness Reality—only in illusion.

There is no space time or dimensions in Oneness Reality—only in illusion.

Reality is the One Self—our real Identity.

Reality is Self-existent Self-evident Self-luminous Oneness.

Reality is the infinite One Self that is the eternal Heart of Oneness.

Reality is the eternal Truth of the infinite One Self.

Reality is absolute Existence Awareness Bliss transcendent of the ego body mind world cosmos.

Reality is Oneness devoid of dual subject-object relativity and ever transcendent of all thought and words and illusion.

Reality is beyond the world, beyond virtue and vice, beyond spacetime, beyond everything and all that seems to be or exist.

Reality is ever transcendent of the fiery suns and heavenly stars and the cosmos and cosmic.

Reality is absolute Silence.

Reality is Oneness Silence ever transcendent of all illusion.

Reality is an *Ocean* of Intelligence that is absolute Bliss in eternal Silence.

Reality is the still and silent mind that is no mind, while the mind in motion is illusion.

Reality is Oneness, **while illusion is a zero and nonexistent**.

Reality is Oneness Truth, while illusion is a lie and untrue.

Reality is Oneness, while illusion is duality and false.

Reality is ever Here and Now, while illusion never was or will be.

There is an infinite divide between Reality and illusion.

Illusion is everything that the One Reality is not.

Illusion is: unreal; a false appearance; that which seems like something that it is not, like a mirage; that which seems different from what it is, like an optical illusion; that which deceives, like the deception in a magic trick.

Illusion is essentially nonexistent like a zero that is nothing.

Illusion is a multiplicity diversity and variation of finite objects that are derivative.

Illusion is divided and divisible, with a beginning middle and end.

Illusion is ever changing and transient.

Illusion is conditioned with countless conditions and limited with countless limitations.

Illusion is an explosion of endless attributes qualities and limits.

Illusion is unreal like a dream or mirage or hallucination or magic trick.

Illusion is a mind creation and projection that in ignorance is believed to be real.

There is deception in illusion and consequent delusion.

The usual assumption is that the body and all sensory experience is real, but in Reality that which is formless and imperceptible alone is real. Another assumption is that all cognition and cognitive experience is based on reality, but in Reality all mental activity is an illusory mind creation and projection that is but a zero and nothing.

The senses and cognition do not reveal the actual nature of sense objects and more to the point all that is perceived is an illusory appearance in Consciousness.

All body mind experience is mere illusion, like a mirage or hallucination.

Illusion is Maya, the Master Illusionist that makes illusion seem real.

Illusion is a veil that obscures Oneness Reality, like clouds hide the bright disc of the sun.

The body mind can never ever sense perceive conceive or know the formless Unknowable One Reality.

We are lost in the illusion of the ego mind, ignorant of Reality, the Self.

Illusion is the Shadow of the One Reality, and like all shadows is nothing in itself.

Illusion is ever spinning in circles and revolving in cycles.

Illusion can be discerned from that which is real by way of higher reasoning.

Disputation regarding the reality or illusion of the world is conceptual and thus a dead end as Reality is ever transcendent of the ego body mind world cosmos. Disputation regarding reality and illusion is fundamentally an existential puzzle that is not in the scope of the mind. Reality is absolute Silence in which everything and all that seems to be or exist vanishes.

Illusion appears with thought and disappears without it.

When thought ceases, Reality Shines as Oneness Consciousness.

When the mind is still and silent or annihilated, all illusion vanishes.

Thought is not to be found when searched for in the Light of Awareness.

Attention and intention without an object to focus on dissolve in their Source—Consciousness, the One Reality.

Illusion is nonexistent only for those Liberated with Reality Experience that is Self Knowledge.

When one is Present the ego mind dissolves in its Source, Consciousness, but only when the ego mind is completely annihilated is there Liberation transcendent of all ignorance and illusion.

In illusion there is ignorance of Reality.

Mistaking illusion for Reality, we wander lost in a vast web of illusion and in ignorance ever spin more illusion.

In illusion, in ignorance, we react. We act in reaction and react in action. All reaction and action are based on separation desire and fear in illusion.

In illusion, in ignorance, we identify with form and generate more forms. All form is based on separation desire and fear in illusion.

In illusion, in ignorance, we contract as the ego-I that is a protracted contraction. The ego and all contraction are based on separation desire and fear in illusion.

In illusion, in ignorance, we create boundaries and walls that limit and separate, and contrive masks to wear. All boundaries walls and masks are based on separation desire and fear in illusion.

In illusion, in ignorance, we have countless doubts questions and conflicts. All doubts questions and conflicts are based on separation desire and fear in illusion.

In illusion, in ignorance, we aim for success and gain and resist failure and loss. All success and gain and failure and loss are based on separation desire and fear in illusion.

In illusion, in ignorance, we long for communion merging and union. All longing of any sort is based on separation desire and fear in illusion.

In illusion, in ignorance, we search for knowledge and Truth. All search of any sort is based on separation desire and fear in illusion.

In Reality there is no ignorance or illusion.

Reality is absolute Oneness Truth transcendent of all ignorance and illusion.

Reality is absolute Oneness Freedom transcendent of all ignorance and illusion.

Reality is absolute Oneness Perfection transcendent of all ignorance and illusion.

The Self-effulgent Reality ever Shines

as

Oneness Consciousness

in

the eternal Here and Now

of

absolute Silence.

Illusory Superimposition

All Creation is in dynamic motion

appearing

disappearing

in

Consciousness

and

but an illusory superimposition

on

Reality.

Reality Unveiled

Reality alone Shines

in

Silence

unveiled

ever

transcendent

of

the mind.

Nothing ever happens in the Here and Now of Reality.

In illusion everything happens, while in Reality nothing (no thing) ever happens.

Reality never happens—Reality just Is.

Reality is Emptiness (of all illusion) and Fullness (as Oneness).

Reality is absolute and alone ever Is, while illusion is a zero that never was or will be.

Everything that seemingly happens is a zero—thus go beyond zero to/as Oneness that alone ever Is.

Nothing (no thing) happens without Maya—the Creator of illusion.

In Maya's *Grand Illusion* everything happens but this happening is a mirage that is an illusion.

Illusion happens but this happening is an illusory trick of Maya and a zero and nothing.

Everything that happens is an illusion that is a zero and nothing that is no thing.

We may summon memory or just guess in answer to a question, but this just happens. We may reason but this just happens. We may make a choice, but this too just happens. We may leap out from danger's way, but this just happens like everything else just happens.

Everything and all that seems to be or exist just happens, and this happening is like a mirage that is an illusion. Everything and all that seems to happen is an illusory mind creation projected onto the limitless *Screen* of Consciousness that is Oneness Reality. All creations and projections happen in illusion and are a zero and nothing that is no thing.

The realization and conviction that everything that happens is an illusion is the perfect perspective and view. This realization, coordinate with complete trust in and surrender to the One, swiftly brings one to transcendent Oneness Freedom beyond all illusion and illusory happenings.

Happening is a zero in illusion, while Oneness Reality ever Is.

Everything happens by the One Power and Will of Maya.

Life and living are conditioned existence programmed and predetermined by the Power and Will of Maya.

Everything and all that seems to be or exist is programmed and predetermined—even the seemingly spontaneous and random and so on.

All illusion and illusory happenings are the deceptive magic trick of Maya.

Everything that springs from Maya is illusion.

Maya creates ignorance in illusion that in Reality is nonexistent.

Maya creates illusion that seems real but in Reality is a zero and nothing.

Maya is the Master illusionist that in Reality is irrelevant.

There are no mistakes.

Mistakes are illusory mind creations and projections predetermined by Maya.

In Reality there is nobody (no body) and nothing (no thing) to make mistakes.

In nature and the cosmos are there mistakes? It is humans that deem events and things to be mistakes. Mistakes are a serious matter for humans as they are on a path to improvement and even perfection, not knowing that they in Reality are Oneness Perfection.

Those in illusion are innocent and blameless and nonexistent.

Nothing (no thing) is in our hands.

There is nobody (no body) to blame.

There is no individual personal power or will or control or volition or choice or option—only the illusion of it.

There is no real option when making a choice or decision. There is no real volition and only an erroneous assumption and belief in *free will*. There is no real control although there may seem to be.

We conduct our lives based on erroneous assumptions and premises, and draw conclusions based on delusion in illusion. We are sustained by faith hope and dreams. All is a Cosmic Joke—the ultimate source of comedy and tragedy and irony in the world.

Everything is programmed and predetermined by Maya, so where are we in all of this? Nowhere. We are essentially nonexistent. And if we assume that we are real and have control and *free will* then it is correct to hold ourselves responsible and accountable and not blame others and externals.

At some point we will long to be free of bondage and the world, and Grace—the Awakener and Liberator—will Free us from all ignorance and illusion.

What / when is the origin of ignorance and error? Nothing / never. Cause and effect are an illusory prime tool of Maya. Origins alone spring from and point to illusion. Life in the world and cosmos is a repetitive circling spinning spiraling ad infinitum in illusion.

Affirmation and assertion of desire springs from ignorance in illusion. Our assumption of separation based on body-identity creates desire and fear. All ignorance in illusion is programmed and predetermined by Maya, yet Oneness Grace Frees all from ignorance and illusion, deeming all innocent and blameless. Maya and Grace are coexistent and coordinate.

Is worthiness the reason for Grace? No. It is when we sincerely call upon Grace with an open heart that Grace reveals Itself. Oneness Grace is always with us, always imminent and *flowing*. *Knock and the door shall open, seek and you shall find, ask and it shall be given.* It is when we finally see that everything is not as it seems that we turn to Oneness Truth to Light the darkness. *Truth will set you Free.*

Grace Awakens and Liberates all from the Dream of Maya to the Reality that is the One Self.

The One Self is Grace and the eternal Beloved and Guide.

With the annihilation of Maya mind, ignorance and illusion automatically vanish.

All that emerges from the One returns to the One, like all rivers run to merge in the ocean.

Reality alone ever Is

Here

in

the eternal Now

of

limitless Oneness.

Nothing Ever Happens

Nothing ever happens

in

Reality . . .

everything

that

happens

is

an

illusion and nothing

thus

nothing ever happens.

Duality is division and separation as two.

We emerge from Oneness only to return to Oneness, and the *space* between emergence and return is an imaginary journey in duality that is but an illusion.

Duality is a dichotomy, something split in two—duality is separation and the antithesis of Oneness.

Separation is a trick of the mind that causes alienation and deep sorrow in the foreign land called duality.

Duality exists on the surface of things, like a mirage, but has deep roots in the universal psyche.

Duality is separation as time from *here* to *there* in a conceived space that is the basis of desire and fear.

Duality is an illusory mind creation and projection.

Duality is experience based on dual subject-object relativity.

Duality springs from body-identification as: I (my body) and you / it (the other).

Duality is the play of opposites in a mental space where everything is relative.

The infinitude is one interconnected intermixed totality with everything absolutely relative to the point of being canceled and a zero.

Dual opposites are coexistent and define one another and when in balance cancel one another.

Maya is the Power of the One that creates a zero in the form of dual differentiation and division as countless opposites that define each other and are ever relative in dynamic coexistence.

Duality is separation as division and fragmentation based on differentiation.

Duality is the play of attraction and repulsion, acceptance and rejection.

Duality spawns desire fear conflict doubt confusion worry stress suffering and so on.

Duality spawns anger greed lust jealousy pride arrogance hatred and so on.

Duality is the way of the world—duality is a myth that is legendary.

Duality vanishes in Oneness Reality Experience that is Self Knowledge.

In absolute Silence we Wake

from

the dream of duality

to

Oneness Reality.

Never Two

Merging as one

is illusory

like a mirage

as there is only

One

and never two.

Separation

Separation

a trick of the mind

is

alienation

deep sorrow

in

the foreign land called duality.

Nonduality is the direct way to/as Oneness Truth.

Nonduality is in alignment with Oneness Truth.

Nonduality is the direct way to/as Oneness Perfection.

Realization of Oneness Truth is abidance in/as the absolute Silence of the infinite One Self that is the eternal Reality.

By making pilgrimages and such we forsake Oneness Omnipresence. By contemplating concentrating and meditating on an object of devotion we deny formless Oneness ever transcendent of all duality and the ego mind. By reciting chanting and such we deny the indescribable Nature and Silence of the One.

The direct way is Oneness.

The direct way is absolute Silence.

The direct way is Presence Here and Now.

The direct way is mere Being and pure Seeing.

The direct way is self-honesty and honesty in life and living.

The one aligned with Oneness Truth never lies and is honorable courageous and compassionate. With the deepest self-honesty comes Self Knowledge transcendent of all falsity and illusion.

The direct way is to realize that the One Absolute is the Reality and One Self transcendent of the ego body mind world cosmos.

The direst way is to recognize that the following obscure and betray Oneness Truth: dishonesty; belief in separation and relationship based on differentiation; belief in becoming rather than just Being; belief in the authenticity of perception and experience; belief that Realization and Freedom is in the future and based on endeavor.

The direct way is to clearly comprehend that the ultimate destiny of the ego is final surrender to its primal nonexistence, and that the ego mind that objectifies the One and *divides* indivisible Oneness is to be recognized as ignorance in illusion and a zero and nothing.

The direct way is in alignment with Oneness Truth until the permanent dissolution of the ego mind and all ignorance and illusion.

The direct way is to abandon the illusion of the separate self and all sense of inner and outer and simply abide as That which ever Is Here and Now.

The direct way is abidance in/as absolute Existence Awareness Bliss that is our eternal Nature and real Identity.

The direct way is infinite in the eternal Here and Now of Oneness.

Investigation into the nature of the Self and ego mind and Consciousness and Oneness and the Here and Now is preliminary.

Discrimination between the real and unreal, the Self and non-Self, is essential.

Devotion and love for Oneness Truth is imperative in turning from untruth to Truth, from the darkness of ignorance and illusion to the One Light of Consciousness, the Self.

The ultimate question for all is: *Who am I?* This original universal question must be answered in/as the Emptiness of Silence that is absolute Consciousness—Who I AM is transcendent of the ego body mind world cosmos.

Oneness Perfection ever Is Here in the eternal Now of absolute Silence.

Love is the supreme way to/as Oneness Perfection.

Pure love for Oneness Truth in the *form* of the eternal One Beloved Who is absolute Love and Oneness Perfection is the supreme way and a divine gift of Grace.

Pure love is a *Fire* that burns and destroys the ego mind.

Absolute Love is the boundless Power and Manifestation of the One.

Absolute Love is limitless in the eternal Here and Now of Oneness.

Love is like the sun that shines on all.

Love alone is devoid of purpose.

Absolute Love and Beauty are Oneness Perfection and the underlying Reality of everything and all that seems to be or exist.

Absolute Love is like a swift arrow shot straight from and to the One Heart that is the eternal Beloved—the One and Only.

The One Beloved is the eternal Beatitude of Oneness Perfection.

The One Beloved is eternal Omnipresence.

The One Beloved is the Heart of the Lover.

The One Heart is the eternal Abode of the Shining One Beloved.

The One Beloved listens only to the *Music* of the Heart—Love.

The One Beloved and Lover are One in the limitless Silence of Love Bliss.

The One Beloved and Lover are in eternal Oneness Embrace.

The One Beloved is ever Here in the eternal Now of Oneness.

Eternal Mystery

In the Silence

of

the One Heart

the eternal Beloved and Lover

are

ever One

in

absolute

Love Bliss

eternal

Oneness Intimacy

ever

a

Mystery

transcendent

of

the mind.

Sacred Fire

Love is the Bliss

of

Oneness

a

Sacred Fire

in

which

the mind burns to ash

the eternal One Heart

ever Shining

Here and Now.

Divine Kiss of Love

Divine Love is Holy

and

its Perfume sweet Rapture

where

the One Beloved and Lover

are

One

in

the Bliss of Oneness Love

a

Sacred Fire

in

which the Lover

burns

in

Ecstasy.

Eternal Oneness Embrace

The One Beloved

is

Absolute Love

ever

Here

Now

dwelling

in

the Heart.

Ever Be One

with

the Beloved

in

Eternal Oneness Embrace

in

Absolute Love Bliss.

Love

Love is Oneness

the Source Substratum Substance

of

everything.

Love is Supreme

the One Basis

Axis and Pivot

Gravity and Magnet

the eternal One Heart

of

Existence

the sublime Music

of

the spheres and Soul.

Love is Absolute

the One Power

and

Reality

the eternal One Light

the eternal One Beloved

ever

Here and Now.

Oneness Perfection

Love is Oneness

and

Oneness is Love

an

Absolute Existence

Oneness Perfection

desireless

fearless

Eternal Bliss.

Divine Love

The divine name

of

the Nameless One

ignites

the Fire of divine Love.

The divine form

of

the Formless One

ignites

the Fire of divine Love.

The divine song

of

the Silent One

ignites

the Fire of divine Love.

All Yearn for The Eternal

All yearn for the Eternal

One Beloved

Who

ever Dwells

in

the Heart

yet

obscured

veiled

by

ignorance

of

Oneness

ever

Here and Now.

Oneness Embrace

I am a fool to wander or delay

to forget

Your Absolute Love

Your Oneness Embrace

in

the Silence of the Heart.

Ash

The One Beloved

is

our beginning and end,

all seeking and desire

Ash

in

the Fire of Oneness Love.

Beloved Is Your Name

Beloved is Your Name

ever in my Heart

reverberating in resonance

in the Silence

of

Oneness Love

the Heart Ravished

in

the Bliss

of

Your Absolute Love.

Oneness Beatitude

Joy radiating

limitless

impervious felicity

unwinding to Infinity

yet motionless

in

Oneness Beatitude

under

swaying palms

flashing bright.

There Is No Other

In pure love there is no other

for pure love is One

never two.

Rumi

Rumi

Glory of the Faith

God's own

enlightened scholar

and

but a Moon

upon meeting

Shams Tabrizi

the Flaming Sun

was Ignited

to burn

in

His Flame of Truth

in

Oneness Love Bliss

to rise

as

the Perfect Master

God's own Immortal Poet

the Beloved Friend

of

Glorious Shams Tabrizi.

Beauty

Beauty

like Love and Silence

is

the One underlying Reality

of

everything

ever

Omnipresent

noticed or not.

Be Here

Be Here

One

with

the eternal Beloved

in

Oneness Love

ever Abiding

ever Absolute

in

the eternal Now

of

Oneness Silence.

Beauty Unveiled

The iridescence

of

Beauty's reflection

in all things

is stunning

a smooth curve

the fragrance of Bliss

where all is One Shining Presence

an Absolute Existence

Beauty unveiled

Lustrous.

All Is Beauty in Oneness

All is Beauty

when the One

is

unveiled

in

the Here and Now

of

Presence . . .

then all is One Absolute Existence

in

the Stillness of Silence

a

Transcendent Perfection

an

Absolute Beauty.

We Are One in Love

Your Song of Truth

is

my Song.

Your Love for Truth

is

my Love.

We are One

in

Truth.

We are One

in

Love.

We are ever One

and

Absolute.

Love Is Eternal

Love is Eternal

the

One Source

the

Eternal Beloved

and

One Heart

our

undercurrent and trust

the

fountain in our garden

the

reason why

the

spring in our step.

Love is Eternal

the

One Absolute

our

Immortal Self

ever

Oneness Bliss

ever

Supreme.

The Beloved is Ever Here

The Beloved is ever Here

a Holy Fire

of

Oneness Love

the Annihilation of the lover.

The Beloved is ever Here

in

the eternal Now

the lover a mere dream!

The Heart is the essence of Being.

The Heart is the One Self.

The Self is the Heart of Awareness.

The ego surrendered to the Heart is the Silence of the One Self.

The Heart of Oneness is the Self.

The Heart Knows only Oneness.

The Heart is the infinite pure I that is the eternal One Self.

The Heart of Existence is the eternal I AM.

The Heart is our eternal Home.

The Heart is ever Here and Now.

Only when we forgive and forget everything do we abide in/as the limitless Heart of Oneness that is ever Here and Now.

The Heart of Silence is Oneness Perfection.

Silence is the Heart of Existence Awareness Bliss.

The One and Only ever Shines as I in the absolute Silence of the Heart.

The Heart is the Abode of Oneness Perfection.

The Heart is the Kingdom of the One.

The Heart is Oneness Truth.

The Heart is Oneness Love.

The Heart is the eternal One Beloved.

The One Beloved is the Heart of the lover.

The One Beloved listens only to the Music of the Heart—Love.

The Heart is the Abode of the One Beloved.

The Heart of Existence is the One Source from which all springs and returns.

The Heart is transcendent of the ego mind.

No movement, no changes, no ideas, no action of the mind—that is the Heart.

Until we forgive and forget everything we will not live in/as the One Heart.

The Heart is a *Mirror.*

When we look into the Mirror of the Heart, we See Oneness.

The Heart wide open is Grace.

Limitless Grace is ever flowing from the eternal Heart of Oneness.

The Heart wide open is Bliss.

To the extent we dive in the Heart we experience the Bliss of Oneness.

The Heart wide open is Free.

The Heart wide open is Free and no longer tormented by the ego mind and world.

The Heart wide open is absolute Oneness Experience that is the Bliss of Freedom.

Ever only abide in the One Heart—Oneness Perfection.

Beauty True

Beauty

True

like Love

springs from the Heart

never the mind.

The Heart

Be ever moved by the Heart

never by desire or fear

for

the Heart never errs

while desire and fear

erroneous from the start

spring from separation

ever alien

to

the Heart.

Stainless Simplicity

The Heart ever Is

Stainless Simplicity

Majestic

Oneness Power.

The Eternal One Heart

We are ever One

only One

for

everything

that seems to be or exist

is

interconnected intermixed

as one totality . . .

so

whether

formless as the One

or

with form

we are never apart

for all

is

Oneness

the

eternal

One Heart.

I AM

ever formless

the eternal One infinite

as you are

for all is One

only One

and

we are never apart . . .

yet

when we err in thought

we seem to be

separate

mutable

as

form

but when we See the Light

of

Oneness

we Know

whether

formless or with form

we are never apart

for we are ever

the

eternal

One Heart.

Love and The Heart

Love and the Heart

are

One

and

limitless

as

Oneness Truth.

Love and the Heart

are

One

Supreme

the Essence

of

Being

the Centric Power

of

Existence.

The Heart

ever Is

the

Shining Abode

of

Love

ever

Supreme.

The immortal One Self is our real Identity.

The Self is the Unborn and Uncreated.

The Self is the One Absolute.

The Self is Self-existent Self-evident Self-luminous Oneness.

The Self Knows Itself by way of Itself.

Self Knowledge is nonconceptual and ever Free and transcendent of the dual subject-object relativity of the ego mind and all ignorance and illusion.

The Self is formless limitless immutable indivisible Oneness.

The Self is Existence Awareness Bliss—the One Reality.

The Self is the Heart of Reality.

The Self is the Heart of Existence.

The Self is limitless Being—pure Is-ness.

One who merely Is naturally abides as the One Self.

No one, even for an instant, fails to experience the Self. No one can ever be apart from the Self.

The Self is absolute I AM—the *original signature* of the Nameless One—that eternally Shines in the Here and Now.

The Self is the One Light of Consciousness underlying everything and all that seems to be or exist.

The eternal Nature of the infinite I that is the Self is absolute Consciousness.

The Self is Oneness Perfection.

The Self is absolute Bliss Peace Love Freedom.

Realize the One Self that is unalloyed Bliss—Be the Bliss you in Reality ever Are.

The Self is ever Here and Now.

The Self ever Is and all else is but an evanescent dream.

The Self is transcendent of the ego body mind world cosmos and all ignorance and illusion.

The Self is absolute Silence transcendent of the ego mind.

One whose attention is turned inward dissolves in the absolute Silence of Consciousness, the Self.

The Self is where there is no I-thought.

The Self is Oneness, while the ego I-thought is differentiation and separation.

The Self is not an object to recollect or forget.

When the ego I-thought dissolves, all thoughts that comprise remembering and forgetting dissolve along with it and the One Self Shines, unveiled..

The Self alone Exists so why meditate on an object—by meditating we betray the Truth of Oneness transcendent of the dual subject-object relativity of the ego mind.

Self Knowledge is nonconceptual Knowledge of the Self.

Those who Know the eternal I transcendent of the ego mind alone abide as Self Knowledge ever Free of ignorance and illusion.

Self Knowledge is not the result of instruction contemplation concentration or anything to do with the mind or spacetime.

Self Knowledge is a stateless State where Being and Knowing are One.

The One Self is at once Being and Knowing. To Be the Self is to Know the Self and to Know the Self is to Be the Self. Being and Knowing are ever One.

Mere Being and pure Seeing is abidance as the One Self Here Now.

Self Knowledge is absolute Consciousness.

Self Knowledge is Reality Experience.

Know the Self and the One Absolute that is the Reality is Known.

Knowledge of another does not exist in Reality Experience that is Self Knowledge.

Self Realization is the annihilation of the ego mind and all ignorance and illusion.

Self Realization is the dissolution of the human being and the absolute Shining of pure Being, unveiled and Naked.

Self Realization Self Knowledge Reality Experience are all One and the same.

Our dissolution is the unveiling of the One Self that is ever Oneness Perfection.

The One Self is ever Here Now.

I AM Oneness.

I alone AM.

Self Realization

Self Realization

is

the dissolution

of

the human being

and

the Absolute Shining

of

Pure Being

unveiled

Naked.

Our Real Identity

The One Self

our real Identity

Unborn

Uncreated

Transcendent

ever Is

while

all else is but an evanescent dream.

Smooth Sailing

It’s smooth sailing

on

the still Sea

of

the Self.

The One Self

The eternal Nature

of

the infinite I

the One Self

is

Absolute Consciousness

the One Light

and

Reality

underlying

everything and all that seems to be or exist.

Know the Self

Know the Self

and

Reality is Known . . .

erroneously assuming the ego body mind as I

we are ever restless in illusion

while in Reality

we are Peace Itself.

Self Alone Knows Self

To Know the Self

is

to Be the Self

and

to Be the Self

is

to Know the Self

for

Self alone Knows Self

by way of Itself

ever

Transcendent

Free

of

dual subject-object relativity

ever

Here Now

as

Oneness Perfection.

Reflections on Myself

The limitless Eye

of

the eternal One I

ever Is

All Seeing

All Knowing.

The eternal One infinite

alone is I

and

what the One Is

I AM.

Those who Know

the eternal I

ever Abide

in

Self Knowledge.

The One I

ever Shines

in

transcendent

Bliss.

The Majestic I

of

the One Absolute

ever Reigns

in

Silence.

I AM

Oneness Love Bliss

Intimacy.

I AM

Oneness Perfection

Here Now.

Undeniable

The immediacy

of

the Absolute

ever

timeless

beyond words

undeniable

the One Self

Here

Now.

The One Ever Is

The One ever Is

Whole

the

Immortal

I.

The One ever Is

Self-existent

Self-evident

Self-luminous

Oneness.

The One ever Is

formless

Beauty

absolute

Bliss.

The One ever Is

unmoving

Stillness

unfathomable

Peace.

The One ever Is

transcendent

Silence

limitless

Power.

The One ever Is

Here

Now

Absolute

the Unborn Self.

The Immortal Self

At times we are lived

or

the center of life

or

a contraction in life

or

a living expansion

but

life and living

are

but a shadow

of

Oneness

Existence

the Immortal Self

ever

Here Now.

Self Knowledge

Self Knowledge

is

Reality Experience . . .

Know the Self

and

the One Reality

is

Known.

The Transcendent Self

Self Knowledge

is

ever

transcendent

of

the dual mind,

ever

Reality Experience

in

Oneness Silence.

The End of Seeking

All seeking ends

only

in

Realization

of

the One

Immortal

Self.

Awareness is the One Seer and Light.

Awareness—the One Seer—is the Light of Intelligence.

The One Witness Seer is the Heart of Awareness.

Witness Seer Awareness Light Consciousness Knowing Knowledge Intelligence are all One and the same.

The One Seer is the infinite *Eye* of the eternal I that is the One Self.

The One Seer is an absolute Power and Intelligence.

The One Seer is an absolute Existence that is Self Aware.

The One Seer is Self-existent Self-evident Self-luminous Oneness.

The One Seer is formless limitless stainless and unchanging.

The One Seer is transcendent of the ego body mind world cosmos.

All perception and experience is an illusory superimposition on the One Seer.

The One Seer is an *Ocean* of Awareness in which everything and all that seems to be or exist appears and disappears.

The One Seer Sees all, Knows all.

Everything and all that seems to be or exist becomes evident and possible in the limitless One Light of Awareness.

The One Seer is an Ocean of Silence and Light and Knowing.

The One Seer is Omnipresence ever Here Now.
.

The Limitless Seer

The One Light

of

Awareness

the unchanging Witness Seer

Sees all that changes.

The limitless Power

of

the Witness Seer

ever Is Here

in

the eternal Now

of

Oneness.

The One Seer

The One Seer

is

the Heart of Awareness

the infinite Eye

of

the eternal One I

the Immortal Self

and

the Continuum

in

which

everything that seems to be or exist

appears and disappears.

Eternal Seer

No world or form or experience

can ever be real . . .

all that appears

all that changes

disappears

except

the

Eternal

One Seer

ever

Here

Now.

The One Light of Awareness is the Light of all lights.

The immutable formless One Light of Intelligence makes all mutable material lights evident and possible.

The One Light Illumines and outshines all material lights and objects.

The One Light is the One Reality that is the Self and Witness Seer.

The One Light is an absolute Power and Intelligence.

The endless energy of the cosmos is an obscure reflection of the Power of the One.

The One Light is formless limitless immutable and indivisible.

The One Light is the Source Substance Substratum of all the endless material lights that light up the endless space of the cosmos.

The light of the cosmos and world is electromagnetic radiation that exhibits properties of both waves and particles, which is referred to as wave-particle duality. Light and heat—as fire lightning stars and electricity—give and sustain life. There are various forms of light having varying wavelengths/frequencies—some visible and some invisible to the human eye. And it is color that materializes from the interaction of the spectrum of light with the spectral sensitivities of the light receptors of the human eye.

The One Light is the Substratum on which all the endless lights colors and reflections are but an illusory superimposition and a zero and nothing.

Shining light is reflected off endless surfaces everywhere in the world and cosmos. This play of light with its endless reflections is a dazzling display of the interconnectedness of the one totality that is the infinitude.

The entirety of all the combined brilliance and radiance of all the endless stars and luminaries is but an obscure reflection of the One Light of Awareness.

The One Light of Awareness

is

ever Here

in

the eternal Now of Oneness.

Self-luminous Oneness

Awareness of Awareness

Self-luminous

Oneness.

One Eternal Light

Awareness

One eternal Seer

One eternal Light

that makes all

transient

myriad

material

radiant lights

and

their endless reflections

evident possible . . .

the temporal sun

a

dazzling disc

cosmic energy source

radiating life

to

all things

is

but

an illusory superimposition

on

the

One eternal Light.

I AM Awareness

I AM Awareness

ever limitless

pristine

perfect

the

One Light

of

Intelligence.

The ego mind

dreaming a dream

appears disappears

in

My unwavering Light.

I AM the One Light

of

all lights

and

their myriad reflections

a

wondrous vision

in

My limitless Light.

I AM the One Seer

the eternal Knower

ever

Here Now.

Countless Eyes

Myriad shades

azure mint violet coral mauve

spectral colors luxuriant

opalescent

radiant light

glowing

a

universal

blaze gleam shimmer sparkle

bright reflections

on

endless surfaces cosmic

countless eyes luminous

shining mirrors

windows

to

the soul

inward outward looking

seeing being seen

in the eternal

One Light.

Light of Awareness

Transparent

unwavering

Light of Awareness

One

immutable

limitless

eternal

Almighty Power.

Desire enslaves and perpetuates the illusory world of the ego mind.

Throw away the chains of desire and be ever Free!

Desire keeps the ego mind active. Desire keeps us captive in the illusory world of the ego mind. The ego mind being rooted in desire ceases without desire. All thought essentially springs from desire.

When we are desireless the ego mind automatically dissolves and with it all ignorance and illusion.

Desire is based on differentiation and the sense and assumption of separation and is a longing and search for fulfillment and completion, happiness and peace.

When desire and attachment completely cease, the Bliss of Peace Love Freedom reigns.

Desire is aligned with attraction and attachment.

Desire is the root of pain and suffering.

Desire is both pleasure and pain—desire fulfilled is pleasure and desire unfulfilled is pain. Wherever there is pleasure, pain is sure to follow—pain is pleasure's constant shadow. Pleasure and pain are coexistent opposites, ever attracting and commanding attention. Desire is often determined and obstinate and will settle for pain along with pleasure.

Desire springs from ignorance of Oneness Reality. Desire springs from ignorance in illusion—desire is a slave to illusion because of ignorance.

Desire is an ego mind creation and projection that springs from ignorance.

Desire is intention attempting to complete a sense of incompleteness and bridge the gap of separation that is spacetime, but separation is an illusion that can never be bridged by desire, and no object can ever permanently fulfill our desire-nature.

Desire is the urge and attempt to attain happiness and peace in a desired object. The effort of desire stretching toward an uncertain and illusory future from the past that is memory creates fragmentation and tension. Desire is dependent on the desired object. Desire is coexistent with attachment dependency possessiveness and addiction.

An object possesses the possessor who feels the burden of possession and the binding of being possessed.

We are fragmented and frustrated by the perpetual tension of the opposites and oscillate between them, never fully or permanently satisfied and fulfilled, so one desire leads to another.

Desire is pained separation from the imagined pleasure of attainment and possession.

Desire obscures and bypasses our natural state of happiness and peace.

When a desired object is attained there is a sense of fulfillment completion and wholeness that is experienced as happiness and peace. In actuality our innate / inherent Bliss and Peace is projected onto and associated with the object and the attainment of our desires—thus desire perpetuates itself in ignorance in illusion.

When the tension and fragmentation of desire is relieved upon attaining a desired object, we feel complete and happy and at peace for a time, but there are always more desires that keep us from permanent fulfillment. We have made the false assumption that happiness and peace are external to us, which keeps us trapped in illusion, missing the Truth that we in Reality are That which we long for and seek. No matter what the desired object is it represents that which will somehow complete us and make us happy; yet it is our innate Bliss and Peace we ultimately long and strive for, all the while ignorant of the Perfection that is our eternal Nature and Self. We in Reality are the absolute fulfillment completion and wholeness that we so desire and long for.

It is an irony—a Cosmic Joke—that what desire ultimately is searching for all along is to be found within as the Self, and that it is desire that obscures and bypasses our natural state of Bliss and Peace.

Nothing (no thing) can ever truly fulfill our desire-nature.

What we get from desire is a zero and nothing and what we lose is Self Power.

Desire binds and blinds—desire is bondage.

Destroy desire and one is Free.

Desire and hope are Maya's prime tools, along with attachment. Desire and hope and attachment are coexistent and coordinate and spring from ignorance that keeps us firmly entrenched in illusion, ever hoping for all that we desire envision and dream of.

Desire keeps all hoping and hopping in thrall of the world.

Hope is a powerful offshoot of desire and potentially everlasting—hope springs eternal.

Desire's perpetual shadow is fear—desire and fear have a symbiotic relationship.

Fear, like desire, is an energetic contraction that binds.

There is no desire or fear for the one who truly Knows everything to be an illusion and a zero and nothing.

Oneness is desireless and fearless and purposeless.

Desire and fear and hope and attachment spring from and are based on identification with the body and the dual subject-object relativity of the ego mind.

Desire takes the form of the ego.

The ego vanishes without desire to feed on.

Liberation from desire is egoless Freedom.

Desire is an energetic force that propels the ego body mind and world.

Without desire there is no fear greed lust anger attachment and so on.

Desire is an energetic contraction, ever changing and generative—desire perpetuates itself.

Desire creates idols to possess and worship and treasure.

Desire is lust for an object that will satisfy and pacify it.

Desire is akin to lust and emotion and is the antithesis of love.

Desire alone creates the world—desire is the world and the world desire.

Desire motivates and moves all and creates a life in the world.

Desire binds one to the world.

Desire may glitter and appear powerful and magnetic, but desire is a dark relentless *lord* that spawns vice and transgressions of every sort.

Desire may sport on the surface of life in ordinary ways, but desire keeps all ignorant in illusion.

Desire may wear the garb of good works and great achievements and advancement and even ascension, but desire keeps all trapped in illusion.

Desirelessness is Freedom and Liberation from ignorance and illusion.

Those who are Free live beyond the boundaries and limits of desire.

There is one ultimate and worthy desire and that is the desire for Freedom—this is the one worthy desire that Frees one from all desire and ignorance and illusion. This desire for Freedom is a gift and blessing from Oneness Grace that leads one swiftly to Realization and Liberation.

Desirelessness is the extinction of the ego mind and all illusion.

Desirelessness is the absolute Bliss of Oneness Perfection.

Why torment our selves with desire? We are transcendent Oneness Perfection Here and Now.

It alone is Grace

the Power of Oneness Perfection

that annihilates the ego mind

and

all desire

ignorance and illusion.

Ever abide desireless and Free

in

the eternal Here and Now of Oneness.

Love in Duality

With the assumption

belief

in

separation

as form

in

the duality and relativity

of

spacetime

even profound lovers

suffer some alienation

and

waver in their union

their love

mixed

with

desire and fear.

All One Need Know

Desireless

one is Free

desireless

one is True

this is all

one need Know

and

Be.

Chains of Desire

Throw away the chains of desire

Be ever Free!

For desire is a relentless lord

ever generative

ever perpetuating itself

and

the illusory world

of

the mind

and

all ignorance.

Without Desire

Without desire

there is no fear.

Without desire

there is no mind.

Without desire

there is no world.

Without desire

there is Oneness Perfection.

Without desire

one

is

Freedom Itself.

Attachment chains us to illusion and keeps us bound.

No matter what our actions or thoughts may be, when there is no attachment, we are fundamentally free.

Nonattachment is a detached position and a detached position is aligned with Freedom.

When there is no attachment one automatically effortlessly returns to one's Source—Oneness Consciousness, the Reality that is the Self.

Nonattachment is one of the purest states possible in illusion, while Oneness Reality is transcendent of both attachment and nonattachment.

One who neither accepts nor rejects anything is neither attached nor detached and is Oneness Freedom.

Be nonattached

like

the fragrance of a flower

or

the light of the sun . . .

Be ever Free

as

Oneness Perfection.

The mind creates and projects a zero.

The mind is an illusion and essentially nonexistent.

Other than as thought the ego body mind world cosmos does not exist.

Maya—the Power of the One and the Almighty Creator of all illusion—is the origin of the mind. Maya and the mind are coexistent and appear and disappear as one. Maya is real and unreal, while the mind is ever unreal. The mind exists yet does not exist—the mind exists like a mirage of water in a desert exists but is nonexistent like the water in the mirage is nonexistent. Maya makes all illusion seem real and true and creates ignorance.

Maya is the illusory mind that is the Veil of illusion and Shadow of the One and a zero and nothing.

Maya mind creates and projects the illusory infinitude that is the Veil of illusion and Shadow of the One and a zero and nothing.

The mind and the infinitude are an appearance in and a superimposition on Consciousness.

The mind and infinitude appear and disappear in Consciousness.

The mind and the infinitude obscure Oneness—this is the Power of Maya.

The infinitude is a mirage, and all experience an illusion—this is the Power of Maya.

When absorbed and lost in the mind we are the Veil of illusion and live as the Shadow of the One.

For the Realized / Liberated the Veil of illusion is absolutely dissolved but the Shadow remains until the death of the body.

All that happens is alone by the Power and Will of Maya, including the mastery of the mind that too is but an illusion.

The mind is an abstract mental construct created by thought that represents all cognitive processes.

All cognitive faculties and processes are referred to as *mind*.

The mind is: the complex of elements in an individual that perceives thinks feels determines remembers and reasons; and the conscious mental events and faculties in a human.

The brain is an organ of the body, but the mind is not. The brain serves as the center of the nervous system and the coordination between the mind and body and environment. The mind is a complex of cognitive processes that take place in the brain and thus it can be said that the mind resides in the brain. The brain and mind as concepts differ and overlap but essentially the brain and mind are coordinate and coexistent as one—without the brain there is no mind and without the mind there is no brain. The brain is where the electronic impulses that create thought are contained, and where the coordination in life as a living entity takes place. The mind is the ego I-thought and perception as experience and thought feeling reason memory determination and so on.

Consciousness is the Source Substratum Substance of the mind brain body and environment. Consciousness is the continuum in which the mind brain body and environment appear and disappear.

The mind and body are coordinate and coexistent as one, but the body is in the mind and the mind is in Consciousness.

The mind rules the world via the five bodily senses and the sixth sense that is the mind endlessly extended in all directions. The five senses of the body are the vehicle for perception, as is the sixth sense that is the cognitive part of the brain. The eyes see, ears hear, nose smells, tongue tastes, skin feels, and the brain perceives thought and all that comprises the mind, while Consciousness—the One Witness Seer—Sees and Knows all.

The mind is the power of reason and imagination.

Reason and imagination working in tandem create and produce the greatest achievements and advances in all the fields of human endeavor. It is the balance of reason and imagination that is the most powerful human dynamic in life.

The mind is ever changing cognition as perception and experience and memory.

Cognition is: all mental processes; a result of the cognitive process; and the process of knowing.

Perception is instant and prior to thought until thought takes hold as experience.

External sense perception and experience—such as a bird and its song or the sensation of silk to the touch of the hand—is in the mind and conceptual. Internal sense perception and experience—such as thinking or an imagined journey or a memory of a journey taken—is in the mind and conceptual. *External* and *internal* are mere abstract mental constructs and all experience of external and internal phenomena is conceptual.

Thought and perception and experience are based on dual subject-object relativity that is subjective and an illusion.

The mind is a stream of thoughts and feelings and mental images.

A thought is: a form created in the mind, rather than the forms perceived through the five senses; an instance of cognition or thinking; an idea.

A feeling is: an impression; a reaction; an emotion; an intuition; an unreasoned belief; recognition; an instinctual sense.

A mental image is: an impression or picture of a form not present or that is imagined. An image in itself is a likeness or representation or reproduction of a form.

Thought is a finite object that is material and vibratory.

All objects have form and are finite and material. And all matter is energy and thus mutable and vibratory, of various densities, some very fine and imperceptible to the senses, like thought. The brain and sensory system are material mutable and vibratory.

All thoughts, all objects, are an illusion and a zero and nothing.

That which appears and disappears is an illusory finite mutable vibratory object and a zero and nothing.

All thought is finite and fleeting. All thought has form and vibration and thus is mutable experience that is limited. All thought is objective yet a subjective experience. All thought is derivative and thus relative. All thought is based on the subject-object dichotomy and thus dual experience that is relative. All thought is conditioned by the past. All thought is an illusion and a zero and nothing. All thought is essentially nonexistent.

Thought is an object directly perceived by the brain and Witnessed by Consciousness.

Thought is a finite mutable object and vibratory, whereas Consciousness is not. Consciousness is objectified by thought but is not an object or perceivable—Consciousness is the One Witness Seer of all thought, all objects, and is infinite formless immutable and indivisible.

Thought can never experience Consciousness and Consciousness never experiences thought—this is the one and only commonality that thought and Consciousness share.

The movement of the mind is projected onto the *Screen* of Consciousness, like a movie.

The mind is feeling and emotion that magnify thought.

Feeling and emotion have more force and depth than thought. Feeling and emotion coupled with the intellect is powerful. Feeling is a finer subtler mental mode than both emotion and thought, and usually on a higher level. Feeling is not emotion, although it may be intermixed with it. Feeling is more aligned with compassion and love than emotion, while emotion is more robust forceful and motivational. Emotion is often reaction that is negative, and aligned with desire and fear and their offshoots, such as attachment anger lust greed and so on. There are endless shades of feeling. Feeling is the mental mode most aligned with Oneness Truth and is the last to dissolve before annihilation of the mind that is Liberation from all ignorance and illusion.

Ideation that springs from the intellect is based on reason and understanding.

The intellect is: the cognitive faculty of reason and conceptual understanding and knowing; and the capacity for rational and intelligent thought, especially when highly developed.

Thought is powerful.

One thought creates and projects eons and endless universes in endless spacetime.

One thought creates and projects the ego-I and all illusion.

One thought veils the One, like a cloud that covers the bright disc of the sun.

One thought immerses one in the dark depths of misery, while another lifts one to the heights.

Thought seems to divide the One indivisible, but this an illusion.

Thought comes from the illusory past and looks to the illusive future.

Thought is as ephemeral as a snowflake on the palm of a hand.

Thought springs from the I-thought that is the primary or root thought.

Thought has ego and name and form.

Thought creates masks and boundaries.

Thought creates and determines experience and the world.

Thought is a force for good or bad.

Thought appears and disappears in Consciousness.

Thought has form, while Consciousness is formless.

Thought is finite, while Consciousness is infinite.

Thought is illusion, while Consciousness is Reality.

The mind is a vast world of illusion created and projected by thought.

The mind is the one and only miracle and the ultimate and unparalleled magic show.

The mind has modes and states and moods and levels and planes and dimensions.

The mind is the creator sustainer and destroyer of everything and all that seems to be or exist.

Everything is a creation and projection of the mind that is sustained and destroyed by thought.

Countless worlds spring from thought.

The mind has unrivaled power of creation and destruction.

Creation and destruction are the way of the mind and world—what the mind and world create, the mind and world destroy.

The mind creates and projects *God above and other* and Satan.

The mind is spacious like vast space.

The mind *facing* in all directions is everywhere and everything.

The mind creates and projects endless variation as countless forms qualities experiences and so on.

The mind is ever changing.

The mind is the root ego I-thought from which all other thoughts spring.

The mind is a demon of differentiation and division that creates the illusion of separation.

The mind is in continuous motion as impressions and reactions and associative cognition.

The mind analyses and labels and organizes.

The mind as the movement of thought is time in a conceived space.

The mind is endless shades of relativity.

The mind is desire—the mind without desire is no mind.

The mind is the world and the world the mind.

The mind creates laws to govern and protect and control.

The mind is either inclined toward order or chaos.

The mind is individual and personal though based on universal impersonal cognitive dynamics.

The mind is a dreamer dreaming a dream, spinning a tale, weaving the endless web of illusion.

The mind is a zero and creates endless zeros in Oneness Consciousness.

The mind is a mere illusory appearance in and superimposition on Consciousness.

The mind in motion is illusion and when motionless, absolute Consciousness.

The mind turned outward is the ego body world cosmos and turned inward, absolute Consciousness.

As we think, **so we become**, **and the world mirrors what we think and feel**.

Positive thinking creates positive experience and negative thinking creates negative experience.

What we accept or reject determines the quality and tenor of our experience and future.

All live in the world according to preconceived ideas and beliefs.

All live in their own individual world and reality—all live in their own sphere, encapsulated in a bubble of illusion.

All mental modes of the mind are an illusion.

There are three mental modes in Consciousness: simple awareness of thoughts and perceptions; being engaged with but unattached to thoughts and perceptions; and being identified with thoughts and perceptions.

Instinct intellect inspiration intuition insight and illumination are modes of the mind, in an ascending order of fineness, that spring from the I-thought. All mental modes are imaginary states of the mind and an illusion and a zero and nothing.

Insight is finer than intuition, and intuition is finer than inspiration, but illumination surpasses insight, as it is a perpetual state of insight and the highest and most refined mental state possible. Both insight and illumination alone exist in the pure / enlightened mind.

Instinct is the densest mental mode, and the intellect that is higher than instinct brings one into the rational sphere of logic and reasoning that is fundamental to civilization and science, but it is inspiration that enlivens and elevates the intellect. From inspiration, in an ascending order, follow intuition and insight and illumination that lead to transcendent Realization beyond the mind.

Realization is not a mental mode or state and is transcendent of the mind as Reality Experience that is Self Knowledge.

When the One Self is Realized imagination and ignorance and illusion vanish—the Veil of illusion vanishes, and all sorrow is dispelled.

The mind is Maya.

Everything is an illusory emanation of Maya mind and happens by the Power and Will of Maya.

The infinitude is a mirage, and all experience an illusion created and projected by Maya mind.

Everything is the mind. Everything is Maya. Everything is an illusion. Everything is a zero and nothing.

The fulfillment of the mind's destiny is in its annihilation.

The aim and culmination of Creation is the annihilation of the mind and all illusion, and the Realization of Reality—the One Self.

It is the human being who turns *within* to the One Light of Consciousness that is the infinite eternal One Self. This turning *within* is the spiritual path and journey that is the gradual dissolution of the ego mind in an ascending order of finer purer mental grades and levels, leading to the annihilation of the ego mind and the full unveiling of Consciousness as the One Reality and Self. The annihilation of the ego mind is Waking from the Dream of Maya and Liberation from all ignorance and illusion.

The mind comes into existence in order to be annihilated—annihilation of the mind is preordained.

The mind is the Veil of illusion as well as the *servant* of the One. In time the mind surrenders to its preordained annihilation to rise as the *Phoenix* of absolute Consciousness, the darkness of delusion and illusion vanishing in the limitless One Light of Reality.

The mind like a bubble in the boundless *Ocean* of Consciousness is pierced by Oneness Grace and instantaneously vanishes. Maya and all illusion vanish with the annihilation of the mind, but Consciousness—the One Reality and Self—ever Is.

There is no Liberation from all that is false and illusion without Realization of one's real Identity. There is no real fulfillment and completion without Realization of one's eternal Nature. There is no Reality Experience without the annihilation of the mind. And foremost there is no Realization and Liberation without the Grace of the One.

Annihilation of the mind is Liberation alone bestowed by Oneness Grace. Liberation is to be esteemed above all else, for in the dissolution of the mind the One Self that is the Reality Shines in absolute Fullness and Freedom.

It alone is Oneness Grace in all Its forms and ways that Awakens and Liberates all from ignorance and illusion. And it is only when the mind is annihilated that Maya and illusion vanish and Reality Shines, unveiled.

Our dissolution is the unveiling

of

That which ever Is

Here and Now.

Our ultimate destiny is final surrender

to

our primal nonexistence

by

the

Grace of the One.

Liberation

Liberation

is

Annihilation

of

the mind

and

all dreaming.

Unfathomable Zero

The mind

creates and projects

a

zero

and

it too is nonexistent . . .

a

Truth

impossible

for

the mind

to

fathom.

The Mind

The mind

is

the enemy

for the Saint

and

the slave

of the Sage

and

nonexistent

for the Realized.

Dream Weaver

The mind

is

a

Dream Weaver

weaving dreams

in

the dream of spacetime

but

when the mind

stops

so

do

the

dreams

while

That which ever Is

remains.

A Shadow of the Wind

The effluvium

refuse

dross and debris

of

life and living

is

seemingly endless

like the mind

and

like the mind

ephemeral

nothing

like a shadow

of

the wind.

Outer Space in Inner Space

Deep

in

the Grand Infinity of Outer Space

phenomena are ultra

and

celestial

nuclear energy radiant

massive

space boundless black

luminous with endless luminaries

rotating spiraling in languid motion stately

majestic

all immured

in

the Inner Space of the mind

infinitesimal

looking in all directions

projecting its creation

Outer Space

onto

the limitless Screen of Consciousness

like a 3D movie.

Annihilation

It's all a dream

until

the annihilation

of

the mind.

Nebulous

Resolution

in

the rising winds

of

thought

is

a

temporary respite

in

the nebulous calm

of

relief.

The Red of Life

The bright deep red of life

coursing rivers

flowing veins

over

all the far-reaching Earth

wide and mighty

or

shimmering threads

an

infinitesimal aspect

of

the multifaceted mind

facing in all directions.

Thought's Soft Breeze

A sun

a diamond

ash blowing about

tears shining

in the light

foot prints

fingers weaving

bright birds

wing in flight

fire sparks

above

crystal air

deep

eyes reflecting

like moonlit pools

on the mountains

rolling seas

green

waving

in

thought's soft breeze.

The Veil and Shadow

When identified with the mind

we are

the

Veil of illusion

and

Shadow

of

the One.

The Opposites

All opposites

abstract mental constructs

their discordance and interdependence

exist

only in the illusory world of the mind

an illusory superimposition

on

Consciousness.

The I-thought

All thought

springs from the I-thought

the primal force of the mind . . .

no I-thought

no mind or world.

Everything and Nothing

The mind

is

the

source and root

creator and projector

of

everything

that

in

Reality

is

nothing.

Until We Wake

All is mind

all is Maya

all is illusion

until we Wake

in

the Silence of Reality

as

the One.

All mental modes are illusions.

Insight is divine thought.

Insight is a mental mode that is a clear pointer to Oneness Truth.

Insight aligned with Oneness Truth is pure / enlightened mental experience, difficult to translate into words.

Insight penetrates and clearly sees and precisely knows in an instant.

Insight suddenly appears like a light turned on in the dark.

Insight of any sort is a clear certain knowing via pure subtle thought.

Insight can see *into* anything and everything.

Insight confirms the truths we have faith in.

Insight is essential for spiritual clarity that is dynamic.

Insight opens *doors* to keen and vast spiritual comprehension and purifies and elevates the intellect.

Insight is aligned with wisdom—true wisdom is founded on insight and illumination.

Insight is finer than intuition and intuition is finer than inspiration, but illumination surpasses insight, as illumination is perpetual insight as divine feeling that is the highest most refined mental state possible. Both insight and illumination alone exist in the pure / enlightened mind.

Illumination transcends thought, while insight is pure thought that is divine.

Illumination is divine feeling on the highest mental plane.

Instinct is the densest mental mode, and the intellect that is higher than instinct brings one into the rational sphere of logic and reasoning that is fundamental to civilization and science. But it is inspiration that enlivens and elevates the intellect. From inspiration, in an ascending order, follow intuition and insight and illumination that lead to transcendent Realization.

Instinct intellect inspiration intuition insight and illumination are all illusory mental modes that spring from the I-thought.

Realization is the culmination of the spiritual ascension of the mind and its annihilation.

The annihilation of the ego mind is transcendent Realization that is Liberation.

It is the human being who alone turns within to the One Light of Consciousness that is the infinite eternal One Self. This turning within is the spiritual journey that is the gradual dissolution of the ego mind in an ascending order of finer purer mental modes and levels, leading to the annihilation of the ego mind and the full unveiling of Oneness Consciousness—the Reality and Self. The annihilation of the ego mind is Waking from the Dream of Maya and Liberation from all ignorance and illusion.

Abandon the I-thought and all mental modes

and

abide in/as absolute Silence

Oneness Reality

the

Immortal Self.

Elliptic

A lone black drop
on a white plate
adamantine.

Mere breathing
simply watched
stillness peace.

The sensory
but a shadow
illusory.

A flame flaring
immediate
vertical bright.

A hushed snowfall
in a forest
falling serene.

Sapphires blue

on a palm

rolling round.

Poetry Everlasting

Poetry everlasting

timeless

like immortal love

flows from the heart

like a river

certain and stunning

like a diamond.

Shiva

Dance dance dance

dance the night away

into

the Light of Day!

Dance

like Nataraja

the Lord of Dance

Shiva

the Cosmic Dancer

in

Oneness Bliss

dancing on the Dwarf

Ignorance.

Shiva

the eternal One

Reality.

Flowers Sublime

Flowers

sublime

their beauty picked

as love offering

a gift

from the heart

grace the earth

with

the alluring power

of

beauty and love

an instant elevation

magnification

of

the heart.

Buddha's Smile

Buddha's smile

serene

in

transcendent

Bliss

brings Peace to all.

I Woke

I woke from

a

crazy dream

never

to

dream again.

Starlit Brilliance

A vast mass of stars

untold sparkling diamonds

in

the black grandeur of the night

an awe in the throat

inspirational

an encomium

to

their

ancient

massive cosmic power

distant magnetism

a

starlit

brilliance

in

the mind's eye.

The Cross

Vertical and horizontal

crossing

at

the

intersection point

a

concentrated energy

and

a

cross to bear

yet

master

and

transcend.

Gamma Waves

Gamma

swiftest wave

as

insight

divine thought

precise penetration

seeing into all

knowing all in an instant

with

ease and grace

aligned

with

Oneness Truth

essential

for

dynamic spiritual clarity.

Beyond the Veil

Some say the world is real

others say it is a mystery

and

some say it is for the sake of the Creator

while

others say it is for ours

but

those who See

beyond the Veil

Know the world

to be

but

an illusion.

God is nonexistent

for

those who doubt

and

transcendent

or

rendered in human likeness

by

those who believe

but

is

loved

by

those of faith and heart.

The human

is

believed to be

God's experiment

or

a means to God

or

a medium for God's sake

but

those who See

beyond the Veil

Know God

to Be

Absolute and Free

yet

ever Dwelling

in

the human heart

in

secret

or

revealed.

Remembrance

Knowing change

yet

imagining immutability

through a curtain of rain

in the dim light of uncertainty

then remembering

the tiny flame

ever burning in her heart

rekindled surety

and

she turned to gaze at immortality.

All Wake to The Timeless

Ingenuity and inspiration

built magnificence

ephemeral

in the midst of the changing

seasons.

All that appears

disappears.

All Wake to the Timeless.

Divine Experience

All divine experience

enlightened

all supernatural experience

powerful

is

blissful

yet

nonetheless

dual subject-object relativity

that

is

subjective

illusory.

The ego veils the One Self.

The ego is the Veil of illusion.

The ego has a beginning and an end in illusion.

The ego is the finite false I that veils the immortal One Self that is the infinite real I.

The ego must *go* for the One Self to fully Shine, unveiled.

The ego is ignorance in illusion and a zero and nothing.

The ego is the original primal lie from which all other lies spring.

The ego is the *knot* that ties the body to the mind.

The ego rules the world via the five bodily senses and the sixth sense that is the mind extended endlessly in all directions.

The ego is invasive and inclined to leave its imprint on everything thus tainting all that it touches.

The ego and mind are one and the same.

The ego is mere fiction.

The ego created by thought is an abstract mental construct.

The ego is a mental abstraction and a protracted contraction.

The ego is a powerful creation and projection of the mind that is sustained by memory.

The ego is a dynamic thought-form, like a ghostly existence.

The ego is a false identity that springs from erroneous assumption and belief.

The ego is the underlying force of thought.

All thought has ego.

The ego has unrivaled power of creation and destruction as thought.

The ego is based on the illusory past looking toward the elusive future.

The pretentious portentous ego is both an assumption and presumption.

The ego is a mere mental construct that seemingly has a life of its own.

The ego is the I-thought.

The primary I-thought is the original and root thought from which all other thoughts spring. This dominant I-thought is the ego and driven by the ego. When the ego I-thought ceases all thought ceases along with it, as well as the body mind world cosmos.

With the dissolution of the I-thought, the ego vanishes, and along with it the body mind world cosmos.

Seek the source of the I-thought and it vanishes in its Source—Consciousness—that is ever transcendent of the ego body mind.

The ego is the false I that is the I-me-mine and I-you-it.

The ego I-me-mine is an absolute fixation.

The ego is cultivated and magnified by thought, thus thought can never eliminate the ego that is the I-thought.

The ego is based on identification with the body.

The ego is *I am the body* identification that springs from ignorance and creates and sustains the illusion of separation.

Identification with a form or body is universal in the realm of illusion.

The ego that has no form takes the body as its own and flourishes thereby.

The ego is imaginary and a mere formulation that subsists on form.

The ego is active in the world for the sake of the body.

The ego as body identity keeps all bound by desire and fear.

The ego as body identity is conditioned and limited.

The ego is the driving force of the body and the axis of the mind and all ignorance.

The ego as intention drives the body and creates life and living in the world.

Drop the ego and the world vanishes.

The ego is the primary agent of all experience.

The ego is the doer and owner.

The ego is the *game of life*.

The ego idolizes itself.

The ego has a story and history and is engrossed in and defined by it.

The ego seeks name and fame.

The ego is deeply attached to identity self-image and self-esteem.

The ego defines itself as inferior or superior or equal to others.

The ego is the superior authoritarian.

The ego is the critic and judge and assumes itself as righteous.

The ego may be good or bad or both and is ever tainted by differentiation.

The ego is a slave of desire and a captive of fear.

The ego is its own fortress in the world.

The ego is the controller and dictator.

The ego is the conqueror and victor.

The ego seeks survival security and conquest.

The ego creates boundaries and walls to wage its perpetual battle of offense and defense.

The ego is devoted to self-improvement and given over to self-help programs.

The ego adopts attitudes personas and roles—such as leader martyr hero rebel victim peacemaker and so on.

The ego is ever the rationalizer.

The ego is the ultimate lie and liar.

The ego is Satan.

The ego is the root of all vice misery and suffering.

The ego keeps the world of illusion spinning.

The aim and goal of the ego is final victory.

The ego resists egoless Presence.

The ego ever hungry for justification and victory resists the egoless thought-free Now.

Upon reaching a point of insight by the Grace of the One, belief and faith in the ego-I falters and we turn from the darkness of ignorance to the Light of the One Self.

The ego is a mere fiction.

When ignorance is recognized for what it is, when the illusion of the ego is discerned, when the ego is clearly seen as an imposter, our real Identity as the One Self is known. Unlike the ego the Self has no story or history and is ever the immortal Unborn that is transcendent Oneness Reality.

The transcendent One Self is purposeless Perfection. It alone is the ego that has purpose motive intention aim and direction, with final victory as its goal. But victory is never final as life offers only change and limits.

Insight into the nature of the ego can solve all puzzles, unravel all tangles, and unburden unbind and free one.

When the ego is ignored it dwindles and dies. It is imperative not to believe in or bow to the ego.

Life and living in alignment with Oneness Truth, Frees us from the ego and all ignorance and illusion.

Go to the Source of the ego—Consciousness—to find it nonexistent.

Be at the One Source—Consciousness—and the ego dissolves in It.

The ego appears and disappears in Consciousness, the One Self.

Consciousness—the One Self and Reality—is egoless and transcendent of the mind.

Mere Being is the egoless stateless State of Oneness.

The ultimate and preordained destiny of the ego is final surrender to its primal nonexistence by way of Oneness Grace that is the Power of the One.

When we realize that we have no real power or volition and that all is in the Perfect *Hands* of the One Power that is Grace, we surrender to/as Oneness, and our dissolution is the unveiling of That which ever Is Here and Now.

The dissolution of the ego

is

the unveiling of the One Self

ever Here in the eternal Now

of

Oneness Perfection.

The Veil

The ego mind is the Veil

that hides

obscures

Truth

Reality.

A Norm

Crystalized

fused with the past

in bias on a tangent

a conditioned existence cramped

in a bubble of miasma

a norm.

Egoless

Egoless

we are Free.

Egoless

we are Omnipresence.

Egoless

we are Immortal

the

One Self

ever

Here Now.

Maya is the Almighty Creator.

Maya—the Power of the One—is the Almighty Creator of all illusion, and the principle of ignorance that makes illusion and the false seem real and true. Everything happens and is predetermined by the One Power and Will of Maya.

The emergence and dissolution of the Creation is Maya's Dream that is the play of ignorance in illusion.

Maya is the Creator of a zero.

Everything is an illusion and nonexistent.

Maya is the Almighty Creator of the infinitude that is the cosmos and everything and all that seems to be or exist.

Everything that changes is Maya—everything is Maya.

Maya is a prodigious display of endless variation.

Maya's Play Toys are everything and all that seems to be or exist.

Maya's illusory Creation is the Dream of Maya we are dreaming.

Maya is the Master Illusionist.

Maya is the *Magic Show* and *Cosmic Joke* of the One.

Maya is the illusive Magician conjuring tricks and illusions that seem so real.

Maya is the Ultimate Mystery and Marvel.

Maya has all hypnotized and under Its Spell—Maya has all fixated in fascination.

Maya is the Creator and Projector of the infinitude onto the limitless *Screen* of Consciousness.

Maya is the Creator and Projector of all illusion delusion ignorance imagination and falsity.

Maya is the origin of the ego mind and its projecting and veiling power.

Maya and the ego mind are coordinate and conjunct as one. When Maya appears, the ego mind and everything and all that seems to be or exist also appears, and when the ego mind disappears, Maya and everything and all that seems to be or exist vanishes along with it—Maya and the ego mind rise and fall as one.

Another name for the ego mind is Maya.

Maya mind deludes the entire world and is the Veil of illusion that obscures Reality.

Maya mind and the infinitude are the Veil of illusion and Shadow of the One.

Maya's limitless Imagination as the illusory infinitude is but a dream.

Maya's illusory infinitude is the play of diversity in duality as differentiation division and separation in the form of opposites that define each other and are ever relative in dynamic coexistence.

Some of the major players are: reality-illusion infinite-finite subject-object knowledge-ignorance positive-negative attraction-repulsion and so on.

Maya brings into existence an endless multiplicity of forms and formulations that are but an illusion and nothing.

Maya is a monumental lusty thrust to Infinity based on forms generating and consuming other forms.

Maya creates endless variations of relationship within the expanding and contracting space of separation, ever fixated on beginnings and endings.

Maya is relentless change as growth evolution involution transition alteration modification mutation conversion transformation metamorphosis ascension and so on.

Maya is ever spinning and spiraling illusion, ever tracing circles and circles within circles, ever projecting spheres and spheres within spheres.

Maya in unfathomable.

Maya envisioned is a vision that renders one stunned in absolute awe yet falls short of the full import and magnitude of Maya.

Our experience of the one totality that is the endless infinitude is infinitesimal.

The epic vast grandeur and intricate play of Maya is beyond comprehension and imagination.

It is hard to reason or imagine how something so seemingly real as the ego body mind world cosmos is but an illusion and nonexistent.

Advanced mathematics and intuition and insight and Knowledge confirm the truth that everything and all that seems to be or exist is but an illusion, a zero and nothing.

Everything is conditioned programmed and predetermined by Maya.

Everything happens as one interconnected intermixed totality by the One Power and Will of Maya.

Not a single leaf or hand or cloud or particle or thought happens or moves without the One Power and Will of Maya.

Whatever infinitesimal iota or intake of air or beat of the heart or blink of the eye or action or attainment or loss or power—whatever comes to or proceeds from us—is Maya.

There is no volition, no real choice or option, no individual personal power or will—there is only the One Power and Will of Maya.

All that we experience is Maya—all that happens is Maya.

To know everything and all that seems to be or exist is to know Maya.

Everything and all that seems to be or exist can be traced to Maya.

All that appears and disappears is Maya. You and these words you are reading are Maya. Any explanation of Maya is Maya. Everything that appears to be real but is not is Maya. Maya is the *Grand Illusion* that astounds and confounds yet is but a zero and nothing.

The ego is Maya the mind is Maya the body is Maya the world is Maya the cosmos is Maya both the good and bad are Maya all experience is Maya all we see is Maya all we hear is Maya all we do is Maya all we believe is Maya everything is Maya.

When Maya mind is searched for, **it is found to be nonexistent**.

Thought when searched for is never to be found. In any existential search nothing is to be found but the limitless Silence of absolute Consciousness.

Heaven hell the world the sky above the seeker and devotee all Avatars all angels and demons all gods and goddesses the cosmic forces stars moons planets galaxies universes all dimensions particles vibrations all prayers and working hands and seeing eyes all the eons of time and *God above and other* all that is visible and invisible all sound and impacts the body and beating heart and breathing entity all inspiration and aspiration all action and inaction all summits and declines all light and darkness all victories all hope

all that happens all that seems to be or exist is Maya and but a dream mere imagination an illusion and a zero and nothing.

Only for those with absolute Oneness Experience transcendent of the ego mind is it crystal clear what is illusion and false and what is real and true.

Maya and all illusion vanish with the annihilation of the ego mind.

Those who Know everything is the work of illusion, see yet do not see, hear yet do not hear, and are the absolute Bliss of Oneness Perfection.

Oneness Grace Wakes and Liberates all from the illusory Dream of Maya.

Maya

Maya

the Almighty Creator

of

illusion

is

the Master Illusionist

casting Its Spell

of

ignorance.

Maya’s Wall of Illusion

Lilting sad

blue tilting

feeling a castaway

in

tenebrous depths

yet sentimental

mixtures of indulgence

a strange dream

lingering

while watching the light

play

on Maya's Wall of illusion.

Maya's Spell

Maya has everyone under Its Spell

spellbound

even some who have had a sip

of

the True Wine of Reality

succumb

to Its Wiles and Charm.

Only those who See beyond the Veil

and

Know Authentic Absolute

from

counterfeit forgery

will never be enticed

enchanted

ensnared

by

Maya's Mysterious Magic.

Ephemeral

The beauty

tragedy

mystery

of

life

is

vast

poignant

ephemeral

like a snowflake

on the palm

of

a

hand.

A Sort of Common Experience

Wisps

of figments

of fragments

in a world wavering

not solid enough

to keep an easy

balance

in such a mutable

unsure place

merely residing

on the surface.

All Is but a Dream

Dreaming dreams

a dream

of

a phantom dreamer

a dream

within a dream . . .

so

Who Wakes?

from

the dream of dreaming

when

all

is

but a dream.

To Morph

A blast of sound
jumped nerves into shock
a jolt
from quiet musing
into
a flash of swords.

Lone Cart Man

A lone Cart Man
with a dream
a force on wheels
with pointed purpose
pushing nothing to nowhere
leaning into time's great illusion.

Ancient Box

An Ancient Box

a

form most magnificent

magical

alluring

with

Creation's Imagery

carved

was

opened to discover

its

long held Mystery

but

found to hold nothing

only emptiness

a

veritable void.

Silver Red Gold

A silver stream flashing
a red blossom floating
a golden sun sitting on
then sinking
behind a silver line.

Embrace Under the Moon

White shoulders shaking in laughter
under a full moon
softly radiant
softly bending in love
our embrace climbing
the twinkling steps of endless stars.

Deception

Maya

inscrutable unfathomable

until

Its Deception is Known

to be but an illusion

a

Cosmic Joke

hoax and scam.

Red Rotating

Red rotating wine to ruby

reddening the sunset sky

roses red like apples gathered

a red flash a cardinal in flight

tiny berries bright red

flags fluttering a red blur.

Mirages

Opening an arcane umbrella of images
then twirled like a fast spinning wheel
in
the limitless Sky of Consciousness.

Bending low to caress
the still water's surface
ripples erasing
a reflection.

Stillness under the stars
far flung cosmic twinkling
radiant bliss in the effulgence
of
transcendent silence.

Mountains rocks stones sand
notable signals of eternity
storing aeon’s wisdom

mere illusory superimpositions on

Absolute Existence.

All Is but a Dream

No way to wriggle out and away

from

fate's decree

destiny's design

outwit the foreordained

when option is imagined

choice predetermined

volition a delusion

but who cares?

Be Free

for all is but a dream

we Wake from.

Separation

White

bright

brilliant

an expanse of light

and

a trembling in separation

yet hopeful

in reverberation

for everlasting union

day and night.

Sunlit Tree

Emerald green

a mass of leaves

filled with light

waving a luminosity

sinewy limbs ascending

glowing

later turning golden

transfixed in the falling light.

All Is Maya

All is moved by Maya

all is Maya

the Shadow of the One

and

Veil of Illusion.

The One Programmer

Maya is life

the world

and

cosmos

creating projecting

all illusion

and

ignorance

of

Reality . . .

the One Programmer

predetermining

everything and all that seems to be or exist.

Absorption in Illusion

The beauty

of

the play of light

and

play of love

one could forever

be

absorbed

in

by.

Veneer of Courtesy

Under it all

are

undercurrents of lunacy

that shoots up to the surface

and

beyond

on occasion

alarming

releasing steam

after courteous suppression

in a mad mad world

where madness so familiar is inconspicuous

a norm

and

courtesy a veneer.

Joining with the Jinn

Receding on a recess

interior

joining with the jinn

in

supernatural play

abiding

in

a sweet interval

in

a bitter world of clay.

Moods and Images

Interludes of calm
in a twilight violet hue
contemplative
and
silken.

Furious feats
poised prowess
thunderous
in
the might of the moment.

Ever circling the dilemma
again and again and again
like a carrion bird
willing the resolution
to be revealed.

Black shell on white sands

zillions rolling underfoot

under a limitless

stunning azure

expanse.

White snow glare under a white sun

icicles shining

all dissolving

in the limitless

Here and Now.

Colored Intricacy

Walking into a burst
of colored intricacy
from a mellow mull
took the breath away
and there was hope
for an ongoing distraction
along the way.

Verdant Air

Verdant air uplifting
clean breathing deep within
feeling purified
virgin
looking to see a leaf glowing
in
the golden light of love.

Limpid Solace

Limpid solace

everyone is played

all succumb to the undeniable

often in regret

as if there is a choice

some flowing placid solid

finding an imaginary center

to live in.

Creatures and Creation

The strong smell of creatures and creation

diverse generative

elemental

instinctual tentative in balance

an endless expression

of

Being

with a potent profound urge to multiple.

Fire Images

Fire wild bright

blazing

hungry like a tiger.

Black embers

smoldering orange

within

a searing heat.

Sparks flying fiery hot

radiant incandescent missiles

popping like shot.

Fire

leaping dancing hot in the wind

burning bright

in the light of the sun

a

blinding inferno

blackening the land.

Monied Smile

Intemperate transgressions miscellaneous

smug calculations manipulating for advantage

in a monied world without conscience but clever

revering power and style only

playing a game of trends stratagem and artifice

based on half-truths bold lies smiles

a sphere unreal

frangible

stained

shallow.

Tribute to A Flower

A flower

a precious organic gem

colored vibrancy

delicate

tender

soft

a preeminent beauty.

Exhilaration

Sensory exhilaration

in

the rarified serenity

of

magnific mountains

snow adorned

and

silver lit.

Life

Life imbued with Spirit

rooted in earth

roaming the earth

swimming in water

flying in air

ever wary of fire

yet

flourishing

under the sun and rain

resting

under the moon and stars.

Living forms

made of and consuming

earth water air fire

ever generating forms

multiplying in endless variation

as

one interconnected intermixed totality

called

Life.

Renewal

Simple in design

rising

spreading in the light

amphibious under the sun

moving to feed

to drink deep

life's waters washing clean

renewed

to rest under the stars

and disappear

then reappear

to rise in the light

renewed.

Maya's Grand Illusion

Maya

is

the Power of the One

and

the Almighty Creator

of

the Grand Illusion

seemingly existent

yet

nonexistent,

The body is the Shadow of the One.

The body is inert and never says I AM.

The body cannot exist apart from the One Self—absolute Consciousness.

The body has form and is matter / energy that is temporal and limited.

The body is the instrument for functioning in the world.

The body is born and changes and dies.

The body is a finite organism and like all organic matter deteriorates and dies.

The human body is crowned with the brain coexistent with the mind. The brain is the center of the nervous system, where the electronic impulses that create thought are contained and the body mind and environment are coordinated, and where the *Spirit* of life and living fundamentally springs. The human is the *Crown of Creation* and it is from the brain / mind that the Creation springs.

The heart is the center and *force of life* in the body; the lungs breathing universal air in and out of the body are the *breath of life* and coordinate with the mind that is the sixth sense extending endlessly in all directions like the wind; and the *belly of fire* is the body's demand for the intake of water and the fruits of the earth, as *food is life*.

With a loss of blood there is potential loss of life, and with a lack of air there is potential loss of life, and with a lack of water and nutriment there is potential loss of life—the *Spirit* of life resides in the heart and lungs and belly coordinated and controlled by the brain / mind.

The five senses of the body are the vehicle for perception, as is the sixth sense that is the cognitive part of the brain. The eyes see, ears hear, nose smells, tongue tastes, skin feels, and the brain perceives thought and all that

comprises the mind. All perception—sensory and cognitive—is taken hold of by thought as experience.

A physical sensory activation of a sensory organ and its nerve impulse signaling information to the brain that is processed as image sound smell taste or touch becomes perception that is mental experience. It is vibrations chemicals and molecules that activate the five sensory organs.

The body is composed of the five essential elements—earth water fire air ether—that form the five sensory organs and their respective sensations.

The body is a reflection of the cosmos—the body is made of stars and oceans and so on. The body and cosmos are coexistent and interconnected intermixed as one.

The ego body mind world cosmos appears and disappears as one.

The body does not exist apart from the world and cosmos and the body world cosmos does not exist apart from the ego mind which does not exist apart from Consciousness. There is nothing apart from Consciousness—Consciousness is the One Source Substratum Substance of everything and all that seems to be or exist. Consciousness alone ever Is.

Life and living are based on: obtaining water and food and preparing and consuming it; the protection and maintenance of the body and family; and mating and caring for offspring and family. Humans are biologically programmed to survive; therefore, security is an issue for most due to the inherited drive for both physical and psychological survival.

Nature is a food chain that is the energy source for all species of life—forms consume other forms, bodies consume other forms and bodies, for energy sustenance and life.

The food chain exists in the gross material sphere, although there is subtle energy consumption and transformation in life, on all levels of cosmic existence.

Killing / destroying for consumption to sustain life is the fundamental basis of sentient life. It is impossible to be truly nonviolent in life—merely breathing destroys. Life is creation and preservation and destruction.

All humans are uniquely genetically programmed and individual.

Everyone has a thumbprint that is uniquely individual and unlike any other. Everybody is individual and unique and a reflection of the endless diversity and variation of the infinitude. There is no one exactly the same as another.

The body is assumed as our primary identity, along with the ego mind.

Body-identity is mortality and ignorance in illusion.

If 'I am the body' is assumed as reality, the world and cosmos are external separate and real.

When we take the body to be real and identify with it then there is a multiplicity of individuals and forms in the world, but when we recognize the body to be unreal then everything and all that seems to be or exist is an illusory superimposition on Oneness Consciousness.

We are not the body nor is the body ours, nor are we the doer or enjoyer—we are the immortal One Self that is the Witness Seer of everything and all that seems to be or exist.

Attachment to the body and sense objects is the basis of life for most, both which are sources of pleasure and pain.

Self-image based on the body is idolatry. The widely prevalent cultivation of self-image is based on the desire for attention acceptance security and esteem.

Humanity and the world idolize the body and creates idols of all sorts and has always been enmeshed in idolatry and superstition. Such activity is either so subtle or such a familiar thing shared with others that it goes unnoticed.

Idolatry is ingrained and embedded in culture and society—we live conditioned in a conditioned world.

The body is finite limited and mortal and can never experience infinite limitless formlessness—the immortal One Self and Witness Seer ever transcendent of everything and all that seems to be or exist.

The body is made evident possible and sentient by Consciousness.

The body appears and disappears in Consciousness.

The body is an illusory superimposition on Consciousness.

Absolute Consciousness is the One Self and Reality, while the body and all form are an illusion and a zero and nothing.

The existence or nonexistence of form makes no difference to the Formless.

There is no body or world in deep sleep or Reality.

Detach from the body

Be ever Here in the eternal Now

of

Oneness

Consciousness

the immortal One Self.

Humans have three illusory bodies.

Each individual is one living unit with three coexistent bodies / forms that perform their respective functions in coordination and harmony with each other.

We have three bodies: the gross / physical body and the subtle / energy body and the mental / causal body. These three bodies are coexistent coordinate interconnected and appear and disappear as one. All three are the Veil of illusion and Shadow of the One and a zero and nothing. All three are a illusory superimposition on Oneness Consciousness and pervaded by Consciousness.

The gross body is the densest veil, and the subtle body is a finer veil, and the mental body is the finest veil. The One Light of Consciousness Shines through the gross veil the least, and the subtle veil more, and the mental veil the most, to the point that some who are on a pure / enlightened mental plane think / feel they are Realized but in actuality are still connected with the I-thought and mental body. Only when the mind is annihilated does the Veil of illusion vanish and Oneness Consciousness Shine, unveiled.

All humans are full but veiled Consciousness, and all have a gross body and a subtle body and a mental body. Most identify primarily with the gross body and also the mind; and some do not identify with the gross body but with the subtle body and the mind; and a few identify only with the mental body that is the pure / enlightened mind. And a rare one does not identify with any body or the mind but with the formless One Self that is absolute Consciousness.

The three bodies have their respective three worlds in ascending planes of experience that are a mind creation projected onto the *Screen* of Consciousness. Everything is Maya mind—all is Maya's Dream.

Identification with the gross body and gross world is dense experience; identification with the subtle body and subtle world is subtle experience; and identification with the mental body and mental world is divine experience.

Oneness Consciousness alone is absolute Experience as Self Knowledge that is Reality Experience transcendent of these three bodies and their worlds.

The gross body is inert and dense.

The gross body is a reflection of the cosmos and made of the five essential elements—earth water fire air ether—and the stars and oceans and so on. The gross body is a splendid structure mechanism and tool for the human creative spirit and its deep and profound urge to know and experience.

The gross body's brain and nervous system is a medium for Self Realization that is Reality Experience.

In heightened pure states of mind akin to Oneness Experience, neuroscientists have found that the brain becomes hyper-connected and regions of the brain that normally have little to do with each other become linked—the brain is more interconnected as one. Scientists do not know what Consciousness exactly is and where it comes from, and they never will because Consciousness is formless and nonmaterial and not an object that can be observed and measured.

The gross body is made of matter and is inert dense limited and temporal. The body is born changes deteriorates and dies and is the medium for sensory experience and the vehicle for life and living. Most identify their existence and sense of self with the gross body that is uniquely individual.

There is no thumbprint in existence that is exactly the same as another. Everybody is individual and unique and a reflection of the nature of the infinitude—infinite variation and differentiation.

The body is dependent on air and water and nutriments and protection from the elements for its survival. The primary focus of those whose identity is the gross body is on the protection and maintenance of the body and also sex and reproduction. The body is biologically and genetically programmed.

The body is confined and limited by its natural properties—it comes it lingers awhile and then it goes, but the One Self ever Is.

The body mind world cosmos is interconnected as one. The brain body world cosmos is in the mind and the mind is in Consciousness.

The body is not evident or possible without Consciousness, nor is it apart from Consciousness.

Experience of the gross world is dense.

The gross body and world are based on dual subject-object relativity and are an illusion and a zero and nothing.

The subtle body is the link between the gross and mental bodies.

The subtle body is finer and less limited than the gross body. The subtle body is an energetic form and structure that is the manifestation of mental impressions inclinations and desires, thus also called the desire body. The subtle body is a vital force and powerful energy that imbues the gross body with the *force of life*.

The subtle body is connected with the gross nervous system and brain / mind and has three main energy channels—*nadi*—running along both sides of the spine and along the spine itself on up into the brain to the top of the head, through which vital force and subtle energy flows; this energy also flows through a network of connecting channels. There are seven concentrated points along the central *nadi* that are called chakras. It is in this chakra channel that the subtle *kundalini* energy runs.

The subtle body also has five internal subtle senses that correspond with the five external senses of the gross body that far surpass gross sensory experience in brilliance beauty and intricacy. Subtle experience is magnified and immensely blissful and powerful.

The term kundalini stems from yogic philosophy and is defined as an indwelling shakti—power/energy—that can be awakened to purify the body mind and ultimately terminate in Union with the One Absolute.

Kundalini energy is described as dormant potential power coiled at the base of the spine like a sleeping serpent and its awakening as an ascending movement along the central channel up to the Crown chakra located at the top of the head, to permanently reside there. Various yoga systems practice meditation mantra breathing and posture exercises to awaken kundalini energy.

Those identified with the subtle body and stationed in the subtle world have a vast command of energy / power and are able to perform supernatural acts and miracles. Some bring others to their level. All are disassociated from the gross body and world but are still associated with the ego I-thought and the mind and desire, so must beware of misusing their tremendous power.

Identification with the subtle body and world is a *turning within* to the limitless One Light of Consciousness and is the beginning of the dissolution of the ego mind.

Experience of the subtle world is supernatural.

The subtle body and world are based on dual subject-object relativity and are an illusion and a zero and nothing.

The astral body is the link between the gross body and the subtle body.

Only those identified with the gross body and world experience the astral body and world. The astral sphere is like an imprint of the subtle over the gross, but neither gross or subtle.

Some recollect dreams that are astral world based and some are conscious of the astral body and world and astral-project. Those who experience the near death of the body enter the astral world for a brief time. Heaven and hell are experienced in the astral world but are temporary experiences.

The astral body and world are based on dual subject-object relativity and are an illusion and a zero and nothing.

The mental body is the seat of the mind.

The mental body is also called the causal or desire body because it stores the seeds—causes—of all desires.

The mental body is the *storehouse* / reservoir of all latent impressions and inclinations and desires that determine the overall state and quality of the mind that is continuously being directed and modified by them, all the while accruing new impressions. This dynamic creates repetitive action and reaction that automatically keeps the *Wheel of Karma* revolving.

Impressions are imprints akin to genes.

The actual manifestation of impressions inclinations and desires takes place in the subtle body and is expressed via the gross body and the brain / mind. If there are no impressions there is no ego body mind and That which alone ever Is Shines, unveiled.

Impressions determine the qualities of the ego body mind and life experience as a whole and they determine which body we associate and identify with—gross or subtle or mental.

Those identified with the mental body and world are dissociated from both the gross and subtle bodies and worlds. They experience the high mental level of the pure / enlightened / illumined mind and the inner planes of the mental world.

These are the enlightened and illumined ones who have full mastery of and command of the mind and heart. Their mind and heart are pure and in alignment with Oneness Truth and although they have complete control of desire, they are not desireless as the One. The I-thought is minimal, and their actions are essentially selfless and mind and heart divine. They behold Oneness everywhere yet still identified with the mind do not Experience the

One Absolute as their real Identity. They are able to read the minds and hearts of others and some bring others to their high level. The mental world is one of mastery and is the zenith of divine experience.

The mental body and world are based on dual subject-object relativity and are an illusion and a zero and nothing.

The One Self is formless and Free.

So long as there is misidentification with a body and the ego mind, ignorance in illusion will prevail and obstruct Realization of our eternal Nature and real Identity as the formless One Self and Reality that is transcendent Freedom.

Only when the mind is annihilated is there Liberation

from

all ignorance and illusion . . .

it alone is Oneness Grace that Awakens and Liberates.

The eternal One infinite ever Is

transcendent Freedom

in

Oneness Perfection.

Deep sleep and waking and dreaming are three revolving states we experience each day.

There also is a fourth stateless State that is the transcendent One Witness Seer that is referred to as *wakeful sleep* since, as in deep sleep, there is no ego body mind world cosmos. The Witness Seer is the transcendent One Light of Awareness that *Sees* everything and all that seems to be or exist.

In deep sleep there is no I-me-mine or body mind world cosmos—deep sleep is the Emptiness of pure Existence, but unaware. Sleep comes when the body is tired and the mind weary or quiescent. Sleep is key for rest healing rejuvenation and fleeting freedom. In deep sleep one loses one's false identity and returns unconsciously to the Bliss of the One Self. All welcome and happily fall into the peace and freedom of deep sleep.

When mental impressions stir one to wake to the conscious awake state that is life and living as the I-me-mine in the world, the deep sleep and dreaming states dissolve—and thus rest and activity alternate in the revolving waking and dreaming and deep sleep states that appear and disappear in the Light of the One Witness Seer.

The dream state involuntarily occurs at various intervals of sleep when the subtle and mental bodies are active, although the gross body is unconscious. In the dream state when the body is unconscious there is no contact with the external world, but the ego mind is active in an obscure way. Similarly, in the waking state the ego mind is active but projected outward as the body world cosmos. Dreaming is a dream within the dream that is the waking state. All is the Dream of Maya and an illusion and a zero and nothing.

It is mental impressions that project the three revolving states—waking and deep sleep and dreaming—onto the *Screen* of Consciousness that is the One Witness Seer and fourth stateless State.

When dreaming we wander about in a dream-body but when we wake from dreaming, where is the dream-body? Likewise, when we Wake from the Dream of life and living, where is the ego body mind world cosmos?

In deep sleep when the body is unconscious and the ego mind absent and reduced to its causal state, nothing exists. This is proof that one's relative existence is but an illusory creation and projection of the mind and that the ego body world cosmos alone exists in the mind and is projected externally in/as the waking state.

In deep sleep there is no ego mind and in the fourth stateless State there is no ego mind—this proves that the ego mind and its creations and projections are all unreal.

In both deep sleep and the stateless State that is the One Witness Seer there is no ego body mind world cosmos. All that has form and name is but a concept and an illusion and a zero and nothing.

The deep sleep and waking and dream states do not exist in Oneness Reality.

We Wake from the Dream

of

the revolving sleep waking dream states

to

Oneness Reality

transcendent

of

the mind.

Sleep

The absolute grandeur of sleep
an obsidian palace
black seamless vast smooth
a
nothingness I fall into unaware
and
rise from reluctant
with the sudden departure
of
freedom and ease
sometimes wondering
if
I had been sweetly kissed
in secret
by
Bliss Itself.

Time is relative.

Time is relative and inferred by the movement of objects in space, such as the sun in relation to the earth.

Time is the movement of thought in a conceived space.

Time is an illusory abstract mental construct created by thought and projected onto the *Screen* of Consciousness.

The movement of thought is time and ephemeral.

Stopping thought is stopping time.

Thought is time and the ego rising from Consciousness.

The ego and thought spring from the illusory past and look to an illusive future.

Thought ever remembers the past that is but an illusion and imagines the future that is but an illusion, while the fleeting present is the past in an instant.

Everything and all that seems to be or exist is transient and ever changing and like time ever fleeting.

Everyone lives in/for time and that which is ever changing and but an illusion and a zero and nothing.

Time is an illusion that dissolves in the ever present Here and Now.

Space is emptiness.

Space is the empty expanse in which objects change and move.

Space is emptiness and the coordinate relative to moving objects that are time.

Space as spacetime is a four-dimensional continuum, and as physical space it is three-dimensional.

Space, time's coordinate, is an illusion but the clearest finest reflection of limitless Oneness.

Space associated with an expanse such as the sky is limitless spaciousness.

Space is an absence, like the space between two thoughts.

Space is homogeneous though it curves and is fluid.

Space is an abstract mental construct and an illusory apperception and experience.

Space is pervaded by Consciousness but does not pervade Consciousness.

Space like time is in the illusory mind, while Consciousness is all pervading yet transcendent.

Now is the unchanging axis and still point.

Here is the Now that is transcendent.

Now is ever timeless.

Here is the ever timeless Now.

The Timeless

Make good use of time

for

the Timeless

do not waste time

with the superfluous

give your heart

to

the Timeless

merely Be

as

the

formless

Nameless

ever

Timeless.

Death is the *Great Dissolution* that is but an illusion.

Death is the ultimate *golden* opportunity, for in death all beings return to their Source—the One Absolute. All that emerges from the One Source returns, like all rivers run to the sea, all rivers flow to their ultimate destination, the ocean.

Death is the great leveler—death is the great equalizer. All lose all that they possess in death. *Dust to dust, ashes to ashes* is the final image and message of death.

Death entails the absolute release of the body and the dissolution of the persona and is the ultimate *golden* opportunity for certain instant Liberation from the ego mind and all ignorance and illusion.

Death is a radical surrender to the Unknown that is Liberation from the known. That which is known is transient and illusory, while the eternal Unknown is the transcendent One Reality and Self.

The mortal false I perishes to arise from the ashes as the immortal *Phoenix* that is the real I and Shining One Self, unveiled. Upon death all Wake from the dream of mortality to the Immortal One Self that is the Unborn and Uncreated. All are Liberated from Maya by Oneness Grace.

All—no matter what conditions or state of mind at death—dissolve in/as the One Absolute by way of Oneness Grace. All Realize the Immortal Self upon the death of the body—all are Liberated as transcendent Oneness Freedom.

If there is attachment at the instant of death, spontaneous purification dissolves all impressions and desires, just as water in a mirage in the desert vanishes upon close inspection.

The death and dissolution of all illusion is to be celebrated—birth and life and death are all the illusory Dream of Maya. It is Grace that Awakens and Liberates all at death from all ignorance and illusion.

We are born into illusion and Liberated upon death, yet we celebrate birth and mourn death in our ignorance.

Death is a delusion that comes from identifying the I with the mortal body—the ego takes transient flesh as I and veils the immortal Unborn, the One Self.

Death and birth and life pertain only to the body and not to the Self. The false identity as the ego body mind dies with the death of the body.

Some intuit or Know their immortality and never feel the *shadow of death* in their lives, but those who identify with and are attached to the mortal body feel the *shadow of death* and fear it, for death is their demise.

Dying may involve physical pain but this pain and suffering is an opportunity for detachment and disassociation from the body and persona during the death process.

Throughout life we experience *mini deaths* of all sorts. A spiritual practice for some is to practice *death in life* that entails a loss of ego or a shift that is a turning to the One Light or even the annihilation of the ego mind that is Liberation.

Some do not fear death because of faith or a conviction that heaven awaits them upon death. This faith or conviction of heaven is aligned with Oneness Truth that is the *Heaven* of Oneness Perfection. But the heaven that is the opposite of hell is an ego mind creation and projection that is ignorance in illusion.

Those who identify with Spirit welcome death as ascension or transcendence or even annihilation in/as the One Absolute. And those who believe in reincarnation do not ponder death or fear it, as another body and life await them in their future.

Reincarnation / transmigration is the belief in the false ego I as a prolonged extension in spacetime as rebirth in a body. The ego, identified with and attached to the body, deeply passionately desires personal victory—victory

over death and its enemies and victory in another life via reincarnation / transmigration.

In the one interconnected intermixed totality that is the infinitude there exists an endlessly vast, immensely complex, universal collective memory—like a genetic pool—of all lives over endless spacetime. And there are those who knowingly or unknowingly tap into this vast collective memory and accrue mental impressions that come to life in a dynamic energetic way so that the individual assumes and imagines that this experience is a personal past or future life, and from the standpoint that we are all the one totality this is correct, but to claim it as *mine* is incorrect.

There is no individual personal reincarnation / transmigration as such, but there is one incarnation as one individual facet of the totality that is *mine*—we are the one totality itself but experience one individual personal life that comprises it. We as the one totality are either all of it or none of it—everything or nothing—but essentially both these stances spring from ignorance in illusion. The eternal One infinite alone Exists and the one totality that is the infinitude is Its Shadow and a zero and nothing.

Everything is but an illusory creation and projection of the ego mind, including the belief in individual personal reincarnation held by many over time but still to be relegated to ignorance in illusion like all other beliefs and assumptions.

There is no birth or rebirth, nor is there death. The one interconnected intermixed totality that is the infinitude is but an illusory superimposition on the One Absolute and but a passing dream.

We ever are the immortal One Self, Unborn and Uncreated. Embodiment individuality and personhood are an illusion that appears and disappears in Oneness Consciousness. Birth is the illusory emergence from the One Source and death the return and like mutable life an illusory superimposition on Oneness Consciousness. All beginnings and endings are an illusion and but an evanescent dream.

All are essentially innocent and blameless in ignorance. All are worthy of Liberation, having had no real power volition choice or option in life. It is Maya that predetermines and controls every aspect, every iota, of the illusory infinitude. There is no power or will other than the One Power and Will of Maya. Everything is an illusion in the *Grand Illusion*, everything is an illusory appearance that dissolves into the zero and nothing that it is.

All live in the web of illusion, yet death too is an illusion as is birth.

The One Absolute alone ever Exists.

The immortal Self alone ever Exists in Oneness Perfection.

Existence Awareness Bliss alone ever Is

Here in the eternal Now.

Be ever Free . . .

abide in/as Oneness Reality

ever transcendent

of

all ignorance and illusion.

The infinitude is the *Grand Illusion* that is but a zero.

The infinitude springs from a zero-dimension point that is infinitesimally finite and expands endlessly as illusion.

The infinitude is fundamentally unified and superficially diversified and is one interconnected totality with everything absolutely relative to the point of being canceled and a zero.

The infinitude is one interconnected intermixed totality that is an obscure reflection of Oneness in the *Mirror* of Consciousness.

The infinitude is the *Grand Illusion* that is the Creation of Maya mind and a superimposition on Consciousness. Maya is the limitless Power of the One that creates illusion. Maya is the Almighty Creator and Cosmic Intelligence in charge of the infinitude.

The infinitude is Maya's Dream and but an illusion and a zero and nothing.

The infinitude is a mind creation projected onto the limitless *Screen* of Consciousness, like a 3D movie, and but an illusion and a zero and nothing, like the mind.

Maya—the Power of the One—creates a zero in conjunction with the mind that too is a zero and nothing.

The infinitude is endless energy that is never created or destroyed. Energy has form as various differing energies and matter and is mutable and vibratory and but an illusion and a zero and nothing.

Everything is energy—energy is everywhere, even in a vacuum.

Energy is a property of all objects—transferable by fundamental interactions—and can be converted into different forms of energy but cannot be created or destroyed. All the various forms of energy exhibit mass. Energy is the building block of matter. The quantity of matter in ratio to empty space is minute—the material universe is barely material.

The endless energy of the infinitude is not to be confused with the limitless Power of the One, just as the fineness and imperceptibility of thought is not to be confused with Consciousness. Energy is illusion and Oneness Power is Reality.

The infinitude is vibratory and harmonic—sound as vibration waves—in an infinite field of radiant energy—light as electromagnetic radiation in the form of particle waves.

All objects, including thoughts, are finite material mutable and vibratory, while Consciousness is formless limitless nonmaterial and immutable—thus non-vibratory.

The infinitude is a dynamic play of conceived coexistent opposites that define each other in the relativity of time and multidimensional space.

Four-dimensional spacetime is too basic and simple a formula to use for deeper investigation and probing into the nature of the cosmos, but the exact number of extra dimensions is still in the process of deliberation.

Space, that was thought to be totally empty of atoms and molecules, contains a network of quantum energies that transmit information—called the Zero Point Field.

The infinitude is an endless thrust and stream of infinite variation—a vibrating multiplicity endlessly multiplying itself to Infinity, fundamentally unified and superficially diversified.

The infinitude is frequential harmonic vibratory *Cosmic Intelligence as endless energy ever in motion **spinning rotating emitting endless *baby universes* in the form of circles bubbles most of which pop and infinitesimal one-dimensional ***superstrings vibrating in resonant frequencies that correspond with coordinate infinitesimal zero-dimensional point particles in harmonic unity and waves forces fields atoms molecules ****matter chemicals elements planets suns moons minerals metals cells organisms humans celestial beings and realms worlds stars galaxies universes structures

systems dimensions in natural *****symmetry of balance harmony expansion contraction attraction repulsion appearing disappearing ever changing ever connected interconnected intermixed to the point that the infinitude is one totality with everything absolutely relative to the point of being canceled and a zero.

Maya—the Power of the One Power—is the Almighty Creator and Cosmic Intelligence in charge of the infinitude.

***The cosmos is in motion—spinning rotating and revolving—from atoms to solar systems to galaxies to universes.*

Atoms spin and revolve. Spin is what makes an atom an atom. Spin makes the world go 'round. Wheels turn on vehicles and in watches and factories and so on. Everything has spin and is in motion. Spin is fundamentally at the foundation of why everything is the way it is and works. That which holds all things together also drives them into motion and this fundamental spin to things allows energy to move freely throughout all bodies in the universe and in all systems. Fundamental force of momentum in the vacuum itself forces things to spin. The force of spin is embedded in all things.

****There are several versions of superstring theory, but any superstring theory is an attempt to explain all the particles and fundamental forces of nature in one theory by modeling them as vibrations of super-symmetric strings. Superstrings are infinitesimal one-dimensional filaments of energy and universal intelligence—some hundred billion-billion times smaller than a single atomic nucleus—that are shaped like strings (maybe in the shape of loops) that vibrate at resonate frequencies in differing patterns, like a violin string. Each string has a unique resonance, harmonic, that produces particular point particle properties—different harmonics determine different fundamental particles. For instance, one string vibrating in a particular pattern will have the mass and electric charge of an electron and is what is traditionally called an electron, and another string vibrating in another particular pattern will have the requisite properties to be identified as a quark or a neutrino or a graviton or any other kind of particle. All species of particles are unified in superstring theory since each particle arises from a particular vibrational frequency or harmonic of a superstring.*

Superstring theory proposes the fusion of general relativity and quantum mechanics and is mathematically sensible only if based on nine spatial dimensions and one time-dimension.

There also is the more radical and robust M-theory that unifies the more consistent versions of superstring theory and requires ten space dimensions and one time-dimension, a total of eleven spacetime dimensions or eleven-dimensional supergravity. These dimensions are not discernable and may be so tightly crumpled that they are entirely invisible. This crumpling is called compactification, where the extra dimensions are assumed to close upon themselves to form circles. These extra dimensions explain some mysteries and also show that those features of the cosmos that were thought to be readily assessable to the human senses need not be.

The fundamental objects of M-theory are not only superstrings but also branes and D-branes. A brane is a physical object that generalizes the concept of a point particle to higher dimensions. For example, a point particle can be viewed as a brane of dimension zero, while a superstring can be viewed as a brane of dimension one.

*****The quantity of observable matter in the universe is minute in ratio to empty space. For instance, atoms are 99.999999999% empty of matter, which proves the assumed solidity of the world to be a subjective experience and an illusion.*

Everything is energy, and matter is energy vibrating at a lower speed in the form of moving particles or vibrations and waves. Matter exhibits both wave and particle properties—wave-particle duality. Matter is made of molecules and atoms that are made of sub-atomic particles. All particles, except photons, have mass and usually volume. Matter may disappear by conversion into energy and can also be created from energy; however, because mass, like energy, can neither be created or destroyed, the quantity of mass and the quantity of energy is the same.

Matter does not have a universal definition nor is it a fundamental concept in current physics. The common definition of matter is that which has mass and volume and is a closed system occupying space—thus, light and massless particles and fields are part of matter.

Ordinary matter is made of quarks and leptons. There also is dark matter/dark energy and anti-matter and exotic matter. Ordinary matter as quarks and leptons constitute only 4% of the energy of the observable universe and the remaining energy is thought to be due to exotic forms of which 23% is dark matter and 73% is dark energy. Dark matter is matter of unknown composition that does not emit or reflect enough electromagnetic radiation, light, to be observed directly, but whose presence can be inferred from gravitational effects on visible matter.

******Symmetry underlies the laws of the universe. Symmetry is the basis of the balance order and harmony in the cosmos. Classical beauty is balanced proportion and perfect or elegant symmetry.*

The illusory infinitude is the Veil of illusion and Shadow of the One

and

a zero and nothing.

The Infinitude

Everything that seems to be or exist

all objects

all the cosmos

all life

is

the infinitude

an endless vibrating

interconnected intermixed multiplicity

springing from

a

zero-dimension point

infinitesimally finite

expanding endlessly

as

illusion

endlessly multiplying

in

endless variation

to

Infinity

as

one interconnected totality

fundamentally unified

superficially diversified

with

everything absolutely relative

to

the point of being canceled

and

a

zero

in

Oneness

Consciousness.

The infinitude

is

but

an illusory creation

and

projection

of

the illusory mind

an

illusory superimposition

on

Oneness

Consciousness

the

One

Reality and Self.

The illusory infinitude is mere foam on the boundless *Ocean* of Being.

The illusory infinitude is the Dream of Maya that is a mind creation and projection as countless words and concepts and images that keep us captive in ignorance and illusion, such as: space, time, universes, fire, dust, macrocosm, relativity, genes, diamonds, atoms, humans, lions, breathing, blue, infinite, stars, oceans, forests, clouds, internal, air, apples, mountains, rivers, origins, ecstasy, compassion, moons, light, pearls, foam, sand, wind, heart, actions, meander, dragonflies, gold, music, children, birth, grass, dimensions, stars, eagles, deserts, lightning, earth, animals, realms, fruit, subtle, desires, iridescence, risk, supernovas, vibrations, spheres, jewels, whales, ravines, circles, perceptions, bubbles, silver, chaos, chemicals, inclinations, rainbows, bronze, sparks, hills, evolution, worlds, triads, water, beings, gold, ether, roaring, caves, black, galaxies, bones, courage, love, frequencies, reeds, jasmine, rain, peacock, amethyst, sentient, rope, microcosm, helium, birds, circles, joy, meandering, terror, inspiration, white, distance, interconnected, death, imprints, seals, mathematics, giraffes, machines, ice, kindness, grass, dolphins, sky, ears, poems, cyclones, stones, electromagnetism, sapphires, rolling, patterns, rain, cold, songs, milk, impressions, eyes, tears, lifting, spray, words, mirrors, particles, darkness, abstract, paper, concrete, bees, hands, directions, ether, marble, women, harmonics, fissure, open, glancing, triangles, superstrings, red, uranium, men, strong, fan, evolution, ponds, black, radiance, nerves, fear, speech, ether, monkeys, waves, order, jumping, beginnings, height, sculptures, mercy, accord, copper, steel, purple, systems, waves, organisms, crystals, memories, indigo, angels, sounds, planets, triangles, snow, rivulets, designs, orange, arrows, spilling, explosions, implosions, cubes, spinning, tools, reactions, thunder, instruments, rubies, mixture, shells, construction, disconnected, oil, reaction, harmony, levels, root, ideas, temples, lakes, hawks, endings, volcanoes, tigers, forces, dancing, cells, stones, production, filter, swords, fields, association, thoughts, radiating, heat, forms, angels, trees, yellow, hydrogen, container, roses, goddesses, sensations, iron, black, realms, fish, deer, ascending, musk, sounds, green, feelings, valley, invisible, sorrow, repeating, spill, move, vehicles, matter, external, gases, carbon, lamp, neutron, molecules, blood, salt, violence, dancing, points, zenith, butterflies, ants, steps, freedom, heliotrope, hummingbirds, visible, choir, fountains, ridges, clear, curving, goddesses, arching, glow, paradigms,

poems, chairs, stages, reptiles, tension, hard, lists, random, powers, revolving, points, discord, cats, moving, rays, horses, emotions, desires, spectrum, ring, mosques, protons, elephants, canals, good, coral, paths, high, plants, ink, streams, lines, echoes, violin, shimmering, prism, stairway, tone, leaping, virtue, keys, seeds, imprints, dogs, singing, groups, geometry, arrows, order, branching, attracting, minerals, tools, spices, nails, tea, hyena, alternating, chaos, teeth, symmetry, tears, flying, bridges, gamma rays, endings, fish, grasshoppers, rolling, interruption, snails, pines, lean, shock, branching, marks, disorder, horn, appearance, leaves, bridges, antelope, ears, raise, balance, flowing, illusion, titanium, sing, directions, wood, generations, invisible, sight, brimming, fragrances, inertia, meteors, attributes, justice, seagulls, glowing, properties, mercy, levels, electrons, cathedrals, mouth, organic, scales, jungles, quarks, simple, brisk, watermelon, opening, deliver, supernovas, rough, microbes, pollen, bodies, texture, pins, dancing, boxes, triangles, concepts, rings, kingdoms, sparkling, inclines, images, copper, satellites, lilacs, boundaries, soft, regular, instruments, petals, doves, fingers, paintings, reality, positive, imbalance, vice, castles, pressure, sunsets, illumination, cool, zebras, feathers, numbers, depth, glen, desert, leaping, planets, spruce, vines, purpose, magenta, city, nerves, version, inside, mesmerizing, trinkets, rocks, holding, beauty, ships, wishes, lace, brimming, waterfalls, prayers, rule, foam, reason, shine, path, praise, verdict, discrimination, rolling, shells, gardenias, ripen, blush, moonlight, balcony, rule, flute, mica, shimmering, pineapples, lift, eclipse, power, cello, visitor, antelope, limpid, glass, oratory, healing, introduction, truth, light, emeralds, fixate, liquid, palms, opals, carbon, spurious, bridge, surface, whisper, azure, starlight, lemons, perfect, apex, truth, surprise, and so on, endlessly in illusion.

Just a word veils Oneness Truth.

A word is a single distinct meaningful element used in speech and writing.

A word is a snapshot idea or image.

Words and symbols and pictures spring from the human urge to communicate.

Speech is fundamentally survival oriented and a means of expression and demonstration.

Speech is a channel for *Spirit*.

Language philosophy idealism and law and order are the indicators of civilization.

All languages have evolved over time.

Words and concepts and images captivate and keep us captive in illusion.

Reality is beyond words and concepts.

Free of words concepts and images, one abides in the transcendent Bliss of Silence that is Oneness Truth.

Words are our lifeline—we live in and by way of words.

Words automatically divide—life based on words is divided.

Words spin tales.

Words contradict.

Words spur one on.

Words are always relative.

Words condition their user.

Words have a life of their own.

Words unite only superficially.

Words define us and return to us.

Words *fly away* and are ephemeral.

Words we speak affect us, and others.

Words that guide us to Silence free us.

Words are exercised in pun making and semantic jousting.

Words skate on the surface of things or dive deep for *pearls* of truth.

Words were first created and brought forth for the sake of simple communication for survival and alliance and control, but over time took on a life of their own so that we have become not only slaves to words but have lost our Silent Truth to them. We literally live immersed in a limited and limiting world of words.

With the passage of time, words have been used for more and more complex reasoning and conceptualizing in our primal search for knowledge and control, and also used to elaborate and entertain with more and more sophistication.

Pride and arrogance have impinged on words and polluted them, as well as the earth. Granted, words spoken from the heart are sincere and moving, and words achieve wondrous things and great good, but much of the *good* has been tightly entwined with pain and suffering. Words with every step forward in advancement have stepped on a multitude, and the earth has been plundered and polluted with words.

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It is the overall wanting of wisdom compassion and common sense that leaves humanity and civilization still immature. Greed arrogance ignorance and such blind bind and are a bane.

Words have created walls as well as openings. Words have created artifice and an artificial world. Words may try to be natural but rarely are. We live off of words and stake our lives on them. Words have created as much confusion as order.

We are stimulated intoxicated hypnotized by words and so value and esteem them that some equate words with actual experience and most give words precedence over Silence. Yet in essence we are Silence but have forgotten the Truth of Silence in the maze of endless words. We have come to value the stimulation and excitement of words over the Peace and Oneness of Silence.

There is no Truth in words—words may state facts and truths but can only obscure transcendent Oneness Truth. Words may be pointers, like symbolic signs, but must be relegated to their respective place—ignorance in illusion. The origin of words is the mind, while Oneness Truth is ever timeless, ever transcendent.

Words may come unbidden and spill, or spring from inspiration and fly high.

Words may stumble over each other or flow in streams of certainty.

Words may be desire driven or a fountain of love and care.

Words create sustain and destroy lives and the world.

Words are used to share—words are used to inform.

Words can create calm or calamity in an instant.

Words are tools or swords.

Words are messengers.

Words are magical.

Words hypnotize.

Words try.

Words may be directed with skill and wielded with artistry and finesse. Words may be dynamic and move one to laughter or tears, but no matter what words or where they come from or where they go, all words are relative and nothing in themselves and ultimately a zero. Words project only illusion even when they allude to truth.

Words are like play toys in illusion.

Words are dreams.

Imagine the countless words spoken in just one lifetime and then multiply that endlessly.

That which is Real and True is beyond words.

Words vanish

in

the absolute Silence

of

Oneness.

Duality's Words

Impinge infiltrate imagine intercept

words

concepts

related only to delusion

in

illusory spacetime

creations of the illusory ego mind

projected

onto

the limitless Screen of Consciousness

the One Reality

that alone ever Is.

Words

Words

mere sound

empty

signifying nothing

to

those who ever Exist

beyond words

in

Absolute Silence

Oneness

Reality.

Music is the universal language.

Music is defined as: the science or art of ordering tones or sounds in succession, in combination, and in temporal relationships to produce a composition having unity and continuity; and vocal or instrumental or mechanical sounds having rhythm melody or harmony.

Music is an art form and cultural activity whose medium is sound organized in time.

Music is the natural spontaneous expression of *Spirit* in the cosmos and human heart.

Music of the cosmos is universal harmonic sound as tonal vibrations and frequencies.

Music is rhythm and a play of sounds that stimulates and moves the heart body mind.

Music is a fundamental function of the cosmos and an expression of life and living.

Music and sound and vibration are the basis of life in the world and cosmos.

Music is the heart of life and an important part of the daily life of most.

Music is a dynamic outpouring of life and love that is loved by all.

Music moves one to joy, even ecstatic transcendence.

Music stirs and enlivens and exalts and unites.

Music attracts and is a confirmation of life.

Music intoxicates.

Music moves one to hum whistle sing clap and dance.

Music moves one to follow it in absorption, even trance.

Music uplifts and rejuvenates and heals and inspires and enlightens.

Music is expression from the heart that alone *speaks* to and stirs the heart.

Music evokes and conveys impressions sensations feelings emotions images and ideas.

Music and singing and dancing are natural to all—all are drawn to and moved by music.

Music is a significant element in all cultures and the world and society at large and is spontaneous traditional ceremonial or an art form and so on, enjoyed in private or at organized events and public places and so on, while reclining walking running driving and so on—there is music to be heard and listened to everywhere in the world at any given moment. Music is integral to human life.

Silence is the eternal transcendental *Music* of Reality.

Silence is the soundless *Sound* of Infinity and the One Source of the endless harmonic frequencies that comprise the music of the cosmos, and the endless sounds that comprise nature and the world, and the endless music that springs from the human spirit.

Music and sound exist against the backdrop of Silence that is the underlying One Reality.

Transcendent Silence is Oneness Perfection that infinitely surpasses the wonder of music. In Truth there is no comparison between Silence and music, for music is but an illusion and Silence is the One Reality.

Everything dissolves in the absolute Silence

of

the One.

In the absolute stillness of transcendent Silence all is Oneness Bliss.

Universal Expression

Music

never a puzzle

like words can be . . .

music springs

from the heart and soul

as

stirring sound

pure

universal

expression

and

dissolves

in

the

transcendent

Stillness

of

Oneness

Silence.

Music Springs

Music springs

expansive in spaciousness

the heart singing

song

spilling cadent

euphonious

harmonic

dancing as one

fluidity

drumming rhythmic

strong joy

in

motion as one exaltation

all spinning

as one

radiant ecstasy.

Science is discovering and proving that our assumptions about the overall nature of the cosmos is an illusion. For instance, it is proven that the cosmos is fundamentally unified and superficially diversified and one interconnected intermixed totality with everything absolutely relative to the point of being canceled and a zero. The cosmos is an illusion—the cosmos is a zero.

The Realized and mystics have declared over the ages that separation and relativity and spacetime and the universe and mind are all an illusion, while Reality is Oneness transcendent of the body and mind—a statement now accepted by some scientists as fact. For instance, both quantum physics and molecular biology state that separation is an illusion, and quantum physics proceeds further to state that not only spacetime is an illusion but that the universe also is an illusion. Physicists are coming up with theories based on mathematics and evidence based on observation that not only confirms but surpasses in magnificence and extravagance what any mystic occultist or philosopher has ever stated or alluded to.

The mind, based on dual subject-object relativity that is subjective experience, divides the Oneness of the timeless Now into three aspects of time: past and present and future. Has any one moment of time ever been effectively and definitively measured? No. Currently, there are various theories about what spacetime is, but the one certainty is that it is relative and illusory.

Time is not only an abstract mental construct, it is psychological and an individual subjective experience—for instance, there is no time in the higher realms. People live and schedule according to the movement of their watches and the movement of the earth in relation to the sun. The sense and use of time are in relation to things in motion, otherwise it is purely subjective or nonexistent.

The quantity of observable matter in the universe is minute in ratio to empty space. For instance, atoms are 99.999999999% empty of matter, which proves the assumed solidity of the world to be a subjective experience and an illusion. This fact is a basis for the possibility that other realms and worlds operating at different frequencies exist in the same space as ours, just as different television and radio signals coexist.

There is a scientific hypothesis that parallel universes exist exactly like our own and that they all are connected. This notion is an attempt to explain why quanta behave erratically. It has been observed that subatomic particles or energy packets blink off and on, in and out of our reality. The question is where do they go when they are not here? Quantum physics suggests that when they are not in our reality, they are in other parallel universes that we are unable to sense or observe.

A paradigm for the fundamental unity of the universe has emerged in the study of infinitesimal zero-dimensional point particles / *quanta in quantum physics. A metaphor for this new view is the **hologram that projects what we see as three-dimensional, as the ***brain also does. An important intrinsic property of holograms is that the information that is contained throughout is contained within each unit—each unit projects the whole. Some physicists consider the universe to be holographic; and, certainly, the holographic principle will continue to play an important role in research.

**In the physics of creation every atom can be divided into smaller and smaller and smaller pieces, infinitesimally minute, called quanta.*

***A hologram is a two-dimensional piece of etched plastic, which when illuminated with appropriate laser light, projects a three-dimensional image. It has been suggested that the universe itself might operate in a manner analogous to a hologram. The comings and goings we observe in the three-dimensional world might be holographic projections of physical processes taking place on a distant two-dimensional surface—we and all we do and see is akin to holographic images.*

****The brain automatically translates everything into three-dimensional physical/spatial experience, even though the cosmos has more than three dimensions. Spacetime is four-dimensional: three-dimensional spatial experience has three aspects—up/down, left/right, and forward/backward—and one dimension of time—later/earlier. And there are purportedly more than four dimensions.*

An observed phenomenon in quantum physics that supports the view of non-separation and unity is quantum entanglement-connectivity on a level that

is nonlocal, where all point particles are interconnected and influence one another even across vast distances. It had seemed that point particles communicate faster than the speed of light, which led to the idea that they exist and are connected on a level or in a way where there is no location, thus no speed is necessary or involved.

Quantum entanglement-connectivity explains how paranormal phenomena operate and how it is that there is direct knowing, such as the reading of minds and clairvoyance clairaudience intuition insight and such.

Connectivity is not just a property or reality—it is the property and reality. Connectivity among things is constituent of the fabric of reality. There is experimental evidence of this, where random generators are influenced by intention and even attention as observation. And it also has been discovered that point particles can travel from one point to another without crossing the intervening space—quantum tunneling—thus, spacetime as distance and matter are an illusion and nonexistent.

Quantum tunneling may explain how teleportation works, which is already being experimentally demonstrated.

In molecular biology it is stated that all cells in the human body communicate on a nonlocal level and are thereby interconnected.

It is easy to observe that insects, such as ants, communicate on a nonlocal level. Communication on a nonlocal level exists for all as an actuality or potentiality. The vast majority of humans because of assumed powerful beliefs do not experience nonlocal communication. It is proven that individual human experience mirrors beliefs and determined focus.

There is evidence in various fields of science that we are made of all that the universe is made of and that everything in the cosmos is interconnected intermixed as one totality that is a dynamic unified order in balance.

Everything exists in an intimacy of connection. There is no separation—no two things are separate. We all are interconnected and part of the same fundamental geometry from particles to the entire cosmos and made of the

same stuff. Atoms and molecules and all of us are fundamentally made of stardust—all the atoms and molecules that make us come from stars.

The paradigm of macrocosm and microcosm mutual reflection based on interconnectedness and the fundamental unity of the cosmos is well known. Science has taken a *quantum leap* in discovering and proving the fundamental oneness of all things, and the Internet has connected people and the world and is an unparalleled source of total information right at our fingertips.

Macrocosm microcosm is a paradigm that sees the same patterns reproduced on all levels of the cosmos, from the largest scale—macrocosm/universe—to the smallest scale—microcosm/point particles/abstract level. In this system the midpoint is the human, who is the epitome of and summarizes the cosmos.

Quantum Mechanic physicists have discovered that observation impacts what is observed, which proves that the universe is not purely mechanical and operating apart from Consciousness and the mind. And quantum physics at the deepest levels evidences that Consciousness alone exists.

Some physicists propose that Consciousness is the Unified Field and the source and *fabric* of the cosmos and the ultimate reality that we in fact are.

Relativity describes big things and quantum mechanics describes small things. The Unified Field is intended to be that which unites the big things and the small things.

More to the point of non-separation is that Oneness Consciousness is the Unified Field and the One Source Substratum Substance of everything and all that seems to be or exist, and the continuum in which everything appears and disappears. There is nothing apart from Consciousness—Consciousness is limitless and alone ever Is. It is Consciousness that makes everything evident and possible, and without Consciousness there is no Reality or illusion. Only discerning discrimination and direct enquiry into the nature of Consciousness and the Self and mind will reveal what is real and what is unreal.

Science will never find and know the source of the universe by indirect means, such as observation or mathematics. The structure and mechanics of the objective universe and all phenomena can certainly be observed and gleaned, but never its source, which is traceless. Consciousness—the Source—is formless limitless dimensionless immutable indivisible and transcendent and will never be observed or traced as Consciousness is nonmaterial and has no source.

The universe sprang from a zero-dimension point that is infinitesimally finite, but that is as far as it can be traced and comprehended. In any case, the universe is an illusion.

Science may well be the future universal religion unless technology takes over humankind. If technology takes over, humanity will lose its soul.

Nothing happens in the world unless Consciousness *observes* it—Consciousness is the One Witness Seer. Everything and all that seems to be or exist is made evident / possible by Consciousness and is an illusory superimposition on Consciousness.

Consciousness

the One Reality and Self

alone ever Is

Here and Now.

Religion is defined as: an organized system of beliefs precepts rules ceremonies and rituals used to venerate and worship God or a god or a group of gods; and a belief faith interest or activity of paramount importance to an individual or a group.

The ego mind creates organizations of every sort, including religions and spiritual movements.

All religions and spiritual movements are based on belief and faith and have a following of one or billions.

A religion or spiritual movement is an organized response to an Avatar or a Realized Master or a spiritual adept. Only manifestations of Oneness Grace transcendent of ignorance and illusion are the heart of religions, yet all religions and spiritual movements are in the illusory realm of Maya.

Religions and spiritual movements are organizations with a tier or hierarchy of authority and power, created in veneration and devotion to a revered Perfect personage or a spiritual adept, whose illumined words and teachings and example are distorted to some degree by the ego minds of the followers and faithful.

All religions ideally are aligned with and devoted to the Light and Truth and Love exemplified by a Perfect personage, demonstrated as praise worship observance service and so on.

All religions are potential vehicles of and pathways to Oneness Truth.

All religions are sustained by Oneness Grace for those who seek or worship or love Truth.

The One is the One Light in all religions.

The heart of every religion is mystical and transcendental, but few go to the heart of their religion. The sacred heart of a religion is a gift from Oneness Grace.

All religious organizations and spiritual movements are influenced by *the times* in which they originate and throughout the *changing times* and are thereby flawed; but the Power of Oneness Grace and Truth is the Light of a religion or spiritual movement and inestimable.

From time to time a spiritual being will purify or rejuvenate a religion or spiritual movement, but since all organized religions and spiritual movements are from the start in the sphere of the ego mind and time this is never enduring.

No Perfect personage or spiritual adept has ever transformed the world, nor attempted to do so. All Perfect personages and spiritual adepts are here as manifestations of Oneness Grace and Truth for those who long for Oneness and Freedom, and to give an overall push to the world toward Oneness.

The world is ever changing on the surface but deeply entrenched in its worldliness. There is always an incline that eventually declines and a dark age that follows a golden age. The world is ever spinning spiraling circles and cycles in illusion and is a zero and nothing.

The language precepts and context of religions, sometimes originating far in the past, can easily be misinterpreted and misunderstood—for instance, the subtle meaning of words changes with time and also translators and scholars and so on are fallible and flawed. But it is from the Heart that one must listen to any sacred scripture or exposition of truth.

A life based on words is divided, while Oneness Truth alone is in Silence.

Many of the precepts of all religions are shared and universal and have kept the world somewhat in-line.

Because of the differing cultural context of each religion there is no religion that is universal, but there are those who embrace Oneness Truth in all religions. The simple Truth of Oneness transcendent of the ego mind alone is universal.

Many are drawn or resort to religion for succor faith empowerment fulfillment or salvation. Some are simply drawn to the beauty peace and truth a religion offers.

Most are born into a religion and from an early age are conditioned to believe that they are Buddhist Christian Muslim and so on, and their religion is their life-long identity and faith.

Hypocrisy is rampant everywhere, especially in religion. And there is current and past religious persecution and condemnation in the world, and also punishment and execution.

Religion is often closely connected and even entwined with government politics power and money—many religions have been heavily touched by worldliness and cruelty.

There is often the single-minded belief that a specific religion or spiritual movement alone is true and must be spread for the good of all and the world. There are religious and spiritual organizations and individuals with a mission in the world. And there are those who purely disseminate for the good of seekers and the faithful.

It is differentiation and discrimination combined with intolerance that creates conflict and activates fanaticism and violent religious crusades and terrorism. Ignorance and arrogance move many to vehemence, even hatred, antithetical to their religious or spiritual precepts. It is the assumption of superiority along with the urge to control others and the world that flies banners and drives opposition missions and terrorism, that in turn attracts resentment and retribution—all action and reaction in the sphere of the imperious ego.

There are various configurations of religious and spiritual belief and faith throughout the world—religions and spiritual movements are a dynamic facet of the endless diversity and variation of the infinitude. And there are as many paths and ways to Oneness Truth as there are beings—each path or way uniquely suited to each.

Oneness Truth alone is universal and not the property of any specific entity.

Oneness Truth is transcendent of all religions and spiritual movements.

Oneness Truth belongs to no specific religion nation race gender and so on.

Oneness Truth is beyond the reach of the senses and ego mind and world.

Oneness Truth is direct Experience in absolute Silence.

All religions and spiritual movements are the potential ground of Grace that is the Manifestation of the One.

All religions and spiritual movements vanish in the Silence of Oneness Truth.

Everything and all that seems to be or exist

dissolves

in

the absolute Silence

of

Oneness Perfection.

Pleasure has countless slaves.

Pleasure appears in countless guises.

There are pleasures of every sort that invite and court us, and there is even pleasure in pain for some.

Pleasure keeps us satisfied and oblivious of our conditioned and limited existence in a world that is in perpetual conflict confusion and misery.

Pleasure holds us in a pleased stupor in its familiar embrace.

Pleasure is a form of lust, and for many a life-long addiction.

Pleasure is a magnet that attracts and holds us captive and entrenched in ignorance and illusion.

Pain is the shadow of pleasure.

Pleasure and pain are coexistent opposites, and forever entwined in countless ways.

Pleasure is the habitual aim in all things and often the goal of life, but with pleasure comes pain.

Pleasure is a release that in time rebounds as pain.

Pleasure is associated with and dependent on objects, and with the loss of an object of pleasure comes pain.

We are open in great pleasure and so we seek pleasure all the more, in spite of the pain that haunts pleasure.

In pleasure there is pain, but most avoid reflection on this truth, for pleasure is an escape from pain.

The ego feeds off both pleasure and pain.

Pain, as well as pleasure, is an identity-source and often self-created.

Some are attached, even addicted, to pain, as most are to pleasure, since the ego also feeds off the energy of pain.

Necessity keeps most working hard in the world, often striving and struggling, and pleasure is the aim and the reward for all the effort and pain involved.

At some point pain wakes us up from the superficiality of pleasure to *things as they really are*, demanding investigation into *the truth of the matter*, even evoking detachment from pleasure.

Pain may call even cry for investigation detachment compassion and renunciation.

Some revere pain as dynamic experience that atones purifies strengthens and liberates.

Pleasure and pain spring from ignorance in illusion, and attachment to pleasure or pain keeps us immersed and lost in illusion.

Pleasure and pain bind and enslave.

Break the spell of pleasure and pain . . .

ever Be the Bliss of transcendent Freedom

Here in the eternal Now

of

Oneness Silence.

Pleasure and Pain

Pain is the shadow

of

pleasure

both

coexistent coordinates . . .

pleasure is magnetic

while

pain is cautionary

both

opposites

in

the illusory world

of

the duplicitous mind.

Possessions *possess*.

We are *owned* by what we own—we are *possessed* by our possessions.

Possessiveness and possessions are both pleasure and pain.

To possess and to be possessive are dependency and attachment that is controlling and painful.

The urge to possess is a strong force that weakens.

The I-me-mine ego is driven to possess and control, and as the possessor and controller is *possessed* and *controlled* by its possessions.

Life as a norm is about security status and satisfaction derived from possessions, whether objects people animals or achievements and so on.

Possessions for some define self-image and worthiness.

Materialism and ambition in the form of greed and lust seek to possess and control.

Possessiveness is a form of violence that violates the spirit of the possessed, and the irony is that those who are possessive are absolutely *possessed* by delusion.

Possessiveness springs from ignorance of Oneness.

Abandon everything . . .

Be ever Here in the eternal Now of Oneness Freedom.

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Compassion is our natural state.

Compassion is deep sympathy in the form of empathy and heartfelt care for those who suffer, and the natural urge to alleviate suffering.

Compassion is not pity, which is a superficial sentiment.

Compassion and mercy are coexistent.

Compassion is willing to sacrifice for another.

Compassion is aligned with Oneness Love and Peace.

Compassion is innate and universal, though obscured by ignorance.

Compassion is the finest quality of humankind.

Compassion is consciously resorted to instead of anger and negativity and so on.

One responds with compassion rather than negativity of any sort, knowing all to be blameless and innocent in their ignorance and deserving of respect and care.

Compassion for all life and the world springs from the eternal One Heart.

Courage and bravery coexist with integrity.

Courage and bravery are essentially selfless and based on the inclination to serve and care and love.

Courage and bravery are a light in the world.

Acts of courage and bravery are highly respected and revered and admired by all.

Courage and bravery overcome and transmute fear and weakness.

Courage and bravery are *Spirit* defying death and the limits of the body and mind.

Courage and bravery at times are transcendent, rising above and superseding those forces that limit and oppose.

Courage and bravery are strong and noble in spirit and action, and especially so when humble.

It is humility when the ego does not assert itself as the proud owner of courage and bravery and project itself as superior for self-glory.

Courage and bravery are essentially aligned with compassion and mercy.

Courage and bravery take various forms, such as sacrifice and dedication in action.

Courage *braves the world* and is honest and forthcoming.

Some are naturally courageous and brave, and this strength will naturally assert itself no matter what and where. Whatever sphere the courageous and brave work and live in this quality will automatically spring forth.

Courage and bravery are a gift and blessing, and in conjunction with humility can easily lead to Realization and Liberation.

The supreme act of courage and bravery is to turn from the world, to abandon the ego mind and fully surrender to/as Oneness in transcendent Freedom Here Now.

Real courage embraces Oneness Truth

completely

without

hesitation or apprehension

in

the simplicity of abandonment

and

humility.

In the play of life in illusion, **humor** and **laughter** are invaluable and healing and treasured by all. Humor and laughter bring instantaneous release and balance, expansive lightness and delight. Humor and laughter free one for a time from the heaviness and burden of the ego and the nonsense and absurdities of life in the world, as does a happy **baby** in its purity innocence openness and joy. A baby is pure Being and in a state of Oneness and wonder, and the human heart is in awe and delight with all fresh tender new life. A baby opens the heart and brings love and joy.

Purity

The truly wise

simple and pure

without a care

see all as One.

The void is a mental space devoid of objects and time.

The void is an empty mental space that is the abstract form of formless zero and but an illusion.

The void vibrates and thus is objective, albeit very subtle.

The void is akin to a blank mind or mental absence but is not the still mind / no mind that is the absolute Silence of Oneness.

It is the mind that creates and projects phenomena and finds a void when there are no objects of perception, but this void is an abstract mental space that is minimal experience.

Consciousness is the One Witness Seer of the void.

Consciousness is Oneness transcendent of the void and all paradox.

Consciousness makes experience and the void evident and possible.

The One Light of Consciousness illuminates all experience and the void.

The void floats in Consciousness and is an illusory superimposition on Consciousness.

The void appears and disappears in Consciousness and is an obscure reflection of the Emptiness of Oneness.

The world subsides in the void and the void dissolves in Consciousness—Consciousness alone ever Is.

Consciousness is the absolute Bliss of Oneness Perfection, while the void is an empty mental space that is but an illusion and a zero and nothing.

First one sees the One as objects and then one sees the One as a void and lastly one Sees and Knows the One as the Self.

The void is an absence

an illusion and a zero and nothing,

while Oneness Consciousness ever Is

Here in the eternal Now

of

absolute Silence.

The One Absolute alone ever Exists.

Awakening and all dreams and dreamers are an illusion and nonexistent.

The One Absolute alone ever Exists.

Liberation and birth and death are an illusion and nonexistent.

The One Absolute alone ever Exists.

Life and living virtue and vice are an illusion and nonexistent.

The One Absolute alone ever Exists.

Duality and relativity and separation are an illusion and nonexistent.

The One Absolute alone ever Exists.

All that has form and a beginning and end is an illusion and nonexistent.

The One Absolute alone ever Exists.

Transcendence and dissolution are an illusion and nonexistent.

The One Absolute alone ever Exists.

Multiplicity and change are all an illusion and nonexistent.

The One Absolute alone ever Exists.

The mind and cosmos are an illusion and nonexistent.

The One Absolute alone ever Exists.

Everything and all that seems to be or exist is an illusion and nonexistent.

The One Absolute

Reality

Alone

ever

Exists

Here Now

in

the

Absolute Bliss

of

Oneness Perfection.

The Ultimate Truth is transcendent Silence Here in the eternal Now of Oneness.

We Awaken in Oneness Silence from the dream of multifarious words and concepts.

The Ultimate Truth is transcendent of form and all contraction and expansion.

We Awaken in Oneness Silence from the dream of I and you and it.

The Ultimate Truth is transcendent of space and time and all dimensions.

We Awaken in Oneness Silence from the dream of separation and fragmentation and suffering.

The Ultimate Truth is transcendent of impressions and all inclinations and paradox.

We Awaken in Oneness Silence from the dream of relativity and conditions and limits.

The Ultimate Truth is transcendent of all opposites and coexistences and shadows.

We Awaken in Oneness Silence from the dream of duality and desire and fear.

The Ultimate Truth is transcendent of attraction and repulsion and all clinging.

We Awaken in Oneness Silence from the dream of motion and emotion and strain.

The Ultimate Truth is transcendent of everything and all that seems to be or exist.

We Awaken in Oneness Silence from the Dream of Maya.

I alone AM

Here

in

the

Eternal Now

of

Oneness Perfection.